

JON STEWART GETS LAST LAUGH **COMEDIAN ROASTS** CNN RIVAL {page 24}



FEISTY **NEW GIRL ADDS**

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Wednesday, October 6 www.metronews.ca



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Tuesday night's all right for Paisley

Ex-commander faces hearing

Generals had 'duty' to Afghan detainees, panel told {page 11}

Yankees eye Twin killing

Renewed rivalry highlights opening of MLB playoffs (page 38)

\$300M for East Village

Development will be multi-use and multi-family • Pre-sales of residential units will begin in early 2012 Move-ins are scheduled for late 2013



KATIE TURNER CALGARY@METRONEWS.CA

Calgary's East Village will soon have the capacity to house thousands more than it currently does, as a \$300-million development project gets underway.

The Calgary Municipal Land Corporation vesterday announced two developers have won the bid to begin developing Calgary's "oldest, newest, coolest, warmest community," said Chris Ollenberger, the corporation's president.

"We've already got 2,000 residents here. We need to add about another 8,000," he said. "I think we'll see a village that looks like it grew up over time, and that's the way it should be."

As a resident for 10 years and chairman of the East Village Action Committee, Ned Shillington said the community has needed to develop for a while.

The failure to develop over the years has caused a number of problems," he said. "In the past, there has been a prosti-

Village of tomorrow

Here are some facts about the development:

- The East Village has room for about 11,000 residents, according to CMLC president Chris Ollenberger.
- The development will see the construction of around 600 apartment units and 30,000 square feet of retail space, said Ollenberger.
- This project will use approximately 15 per cent of the total available land in the East

tution trade and a drug trade that has largely been shut down.

Ward 7 Ald. Druh Farrell said she, too, has seen a change in the area since the revitalization began.

"This has been a long time coming," said Farrell. "We've got a fantastic

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Albertans don't know how to drive: Study

Only 11.4% of Albertans passed a test modeled after a learner's license exam



The results of a recent survey—showing many Albertans don't know the rules of the road—may not be that surprising.

A study released yesterday by the Schulich School of Engineering at the University of Calgary showed that nearly 89 per cent of the 2,394 surveyed failed a basic road test.

Researcher Sabreena Anowar said many respondents were unable to identify road markings.

"People couldn't properly recognize the bicycle crossing ahead sign, or sometimes like the 'what does a solid white line mean?' They couldn't really properly answer that," said Anowar. "General public opinion is that it's not very surprising, because on the roads, drivers are not driving properly.".

Sample test

Here's a sample of some of the questions:

- 1 When approaching a railway crossing you should ...
- 2 Drivers should not follow bicycle riders too closely because ...
- During which times are you required by law to use your headlights?

Calgary driver Kelsey Riecken agreed. "I think Calgary has a lot

"I think Calgary has a lot of really bad drivers," she said, marking incorrect merges and speeding in school zones on her list of driving peeves.

Anowar said she has made recommendations to the Alberta Motor Association, which include refresher courses and educational online games.



News in brief

Man charged in murders

CRIME. RCMP have charged a man with second-degree murder in the deaths of two central Alberta men. Morris Phillips, 47, has also been charged with arson.

On May 30, 2008, human remains were found in a wooded area northeast of Edmonton. The bodies were later identi-

fied as Thomas Shaughnessy, 46, and Thomas Howells, 40, both from the Red Deer area.

Grow-op shut down

POT. RCMP investigators shut down alleged major marijuana grow operation in Airdrie. On Friday, officers found \$350,000 worth of marijuana and a small amount of ecstasy. A 25-year-old man faces charges. • METRO CALGARY

news



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Jason Kenney unapologetic in spat with controversial former U.K. MP George Galloway. Video at metronews.ca/ canada



Mayoral race too close to call

Statistically, it's a tie.

That's how a new poll from Return on Insight has the mayoral race stacked up, with Barb Higgins and Ric McIver in a statistical dead heat — with Naheed Nenshi in third, but closing the gap.

The poll, claiming to be within 4.4 per cent accuracy, 19 times out of 20, shows McIver with 31 per cent, Higgins at 28 and Nenshi at 16 per cent, with undecided at 17 per cent.

501

The number of responses in the ROI Calgary mayoral poll.

Jeremy Zhao, former mayoral candidate and current

calgarypolitics.com blogger, believes the trim in undecided voters com-

pared with previous polls shows that the smoke is beginning to clear for Calgarians.

"People are coming to the realization that it's down to Nenshi, Higgins and McIver, and they're deciding which candidate is best for them," said

Zhao also did say that despite the surge by Nenshi, it might be too late for him to peak near the leaders.

DARREN KRAUSE







Black bins hit Calgary curbs

Delivery schedule online at calgary.ca/blackcart 93 per cent of pilot program participants satisfied

Calgary neighbourhoods are adding a little black to their blue.

Residents in Lake Chaparral began receiving the new black garbage bins yesterday, at no additional cost to taxpayers, according to city officials.

"It will be a big improvement, more efficient, safer and cleaner," program leader Paula Magdich

Magdich said residents can fill the black bins with their garbage and if there is any overflow, the garbage can be placed be70,000

The number of black bins to be delivered to southeast communities this month.

side the cart about a foot awav.

Despite the need for only one attendant per truck, Magdich said there will be no layoffs.

'They are easy to use for both collectors and residents," she added.

Residents can begin us-

ing the black bins immediately and are encouraged to reuse or recycle their old cans.

Chaparral resident Sarah Tucker said she is excited for the new bins.

"I think it's great because we already have the recycle blue bins in place, and this just makes things easier," she said.

"Plus, I think it looks a lot nicer in the communi-

After the southeast bins are delivered, northeast delivery will begin in November • KRISTA SYLVESTER

On the campaign trail



Ric McIver

Growth is not a problem, according to mayoral candidate Ric McIver, who outlined his growth and development policy yesterday. McIver said growth is essential for economic health in the city, and outlined five points that include encouraging the growth of 'complete' communities, establishing business centres in the west side of the city, and establishing east-west transit connections. McIver also said we need more roadways with less lights.

he former alderman wants candidates to disclose all donations nd to squeeze out cash from unions and big business. "We need o get big money out of Calgary's elections and only let citizens, ot special interests, make financial contributions to mayoral and

Wayne Stewart

All players with a vested interest in the city's tourism industry would come to the table under mayoral candidate Wayne Stewart's plan to boost the city into what he calls the world's number one industry. "As mayor I will bring all the tourism players to-gether to develop a collaborative plan to make tourism a major engine of growth for economic development," Stewart said.



nelly came out in full support of the city's firefighters, saying of his priorities would be to ensure that the city's level of firection met the National Fire Protection Association stans. He also wants the fire department at the table when new



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VITAL SIGNS REPORT

Eleven out of 12 ain't bad

Calgary has improved in all but one area measured in the 2010 Vital Signs report presented by the Calgary Foundation.

This year, the Foundation surveyed nearly 1,200 Calgarians to find out what's working in the city and what's not.

The results showed improvement in 11 of 12 categories including food, work, arts and culture, housing, and safety.

However, the report shows that Calgary has fallen when it comes to the environment from a B last year to a B-.

Participants said there needs to be more recycling options in condos and apartments.

Was murder a random act?

Police say a man found in a northwest strip mall was the victim of a homicide, and are investigating as to whether it was a random attack.

The body of Mark Anthony Mariani, 47, was found in the 1500 block of 16 Ave NW after police were called to check on his welfare when a couple found him bloodied in the parking lot.

Police spokesperson Kevin Brookwell said police are trying to piece together what happened between Saturday at mid12The number of murders so far in 2010, compared to 26 in 2009.

night and Sunday just before 9 a.m. when his body was found.

"Robbery may have been a motive but we just don't know yet until we get more information," Brookwell said.

Police are withholding the cause of death for investigative reasons.

KRISTA SYLVESTER

Police seek help in dog's murder



Necropsy on animal has not yet been performed



Police hope three people who may have information about a dog apparently beaten and left for dead come forward with tips.

Const. Dallas Grimm said a passerby called police around 8:30 p.m. on the night the dog was found after they were alerted by a woman to the dying pit bull wrapped in a sleeping bag. "The woman said she

"The woman said she found the dog like that, however she left the scene prior to police arrival," Grimm said.

Have a tip?

- Call 403-567-6400 or Crime Stoppers anonymously at 1-800-222-8477 with info.
- Crime Stoppers also accepts tips online at www.ttttips.com



"The owners don't have any other animals ... this was a rescue dog who was a young pup."

Police also hope two men unloading construction material from a nearby white truck between 7 p.m. and 8 p.m. come forward.

"We just want to know if they saw anything," Grimm said.

Grimm said the dog died from blunt force trauma to its head. Investigators were led to its owners through a microchip in the animal's ear.

The owners said the dog went missing last month during a walk near 17th Avenue and Deerfoot Trail.

Calgarians urged to stay safe

Mayor Dave Bronconnier declared today as Safe Communities Day 2010 as part of a national initiative.

Calgary is joining the national campaign to cut the annual toll of 13,600 disastrous injuries, 60,000 permanent disabilities and three million hospital visits.

METRO CALGARY

Suspect sketches released

Police are looking for two men responsible for a murder last year and have released sketches of the suspects after a Crime Stoppers re-enactment yesterday.

Police believe David Ta-

Police believe David Ta jali was ambushed when and killed on Sept. 6, 2009.

METRO CALGARY

► Ward 10 candidates debated the issues last night.

Community eroded: Resident

Low turnout at a northeast Calgary forum can be linked to a single issue, in the eyes of one long-time Marlborough resident. Zahra Karmali, 29, who

Zahra Karmali, 29, who was born and raised in Marlborough, said nonfunctioning community associations and community centres have eroded the fabric of once-proud communities.

Karmali was one of the

40 people at the Civic Camp forum last night at the Marlborough Park Community Centre — a number far below the hundreds seen at other Civic Camp forums.

"There's a real loss in the sense of community in these neighbourhoods," said Karmali, adding she's had to commute relatively long distances to attend community events.

She says many issues

galvanize locals, such as public transit, park and ride fees and the airport tunnel — so more engagement in forums is needed.

"It's a good way to find out what the candidates are going to do to help the people in Ward 10," she said.

The next Civic Camp forum is tonight in Ward 4 at the Foothills Alliance Church starting at 7 p.m.

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भिग्रामु ३, गाउउं भ्रमार

Metro spoke to the candidates running in Ward 8 to find out who they are, what they do, where they stand and why they feel they deserve your vote.

Iohn Mar



Incumbent No. 1 issue: "I think that the big focus

is still on public safety and infrastructure.

Why run? "I still have so many different projects that I want to see completed and I wanted to continue to bring my vision for

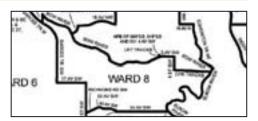
Zakary Pashak



Sled Island Festival founder, director, business owner

Age: 30 No. 1 issue: Vibrant communities Why run? "I believe we

need new ideas and new faces on city council in Calgary. I have seen how effective good councils can be in



other cities and I believe we need better representation in Calgary.

Antoni Grochowski



Student at the University of Calgary, graduate of

architecture No. 1 issue: "Homelessness and the negative results of the recent boom.

Why run? "I found out that Ward 8 was left with no competition, there is some now, so I decided to run at

the last minute.

David Lapp



Non-profit specialist **Åge:** 26 No. 1 issue: Fiscal

responsibility **Why run?** "I have a great love for my community. I just want to see my area thrive. I have always wanted to run for office, ever since I was a kid. I have assisted numerous candidates in past elections and thought, 'It's my turn this time.'" • METRO CALGARY

MAYORAL CANDIDATE NAHEED NENSHI

"I'M RUNNING THIS CAMPAIGN THE WAY THAT I WILL GOVERN"

Mike McCourt: I'm seeing some purple T-shirts around town; your website talks about the purple revolution. Is that just a catchphrase or is there some subliminal purple message in all of this?

Naheed Nenshi: The only subliminal purple message is that everyone else was using blue, red and white. We needed a new colour. You know, it's worked out brilliantly.

MM: There va go. OK. let's get to the airport tunnel. You are in favour of building it ... You say that if the CEO of the airport authority doesn't become a part of the solution, that you would go to the board on the assumption it would act on this is-

NN: But you know something, every other airport authority in this country had a board that represents the majority of people appointed by the city council. Ours does not. Our board is majority appointed by the



the tough questions from Citytv's Mike McCourt. Chamber of Commerce in this city to represent the

best interest of Calgarians, and I'm sure that Mr. Atkinson also wants to represent the best interest of Calgarians, and will come to the light on this one.

MM: You are avoiding to some dexterity the question

NN: I'm learning to be a politician.

MM: ... which is, is this a call son if he does not want to be, as you quote on your

website, "a part of the solu-

NN: At the end of the day, the airport management reports to the airport authority board. The board represents the best interests of the citizens of Calgary and they've got to act in those best interests. And I know that they will.

MM - You are not yet mayor, you are a candidate, and as such you've gotten into the same sort of contretemps with the police chief. About

NN: He did call to apologize.

MM: There was a shoving match, though. You are a candidate, not yet a mayor and therefore not vested with the authority, so it is said by some of your critics to make those types of comments as a candidate ... NN: Look, Mike, I'm running this campaign the way that I will govern and

to mutiny against Mr. Atkinpart of governing is asking tough questions. COURTESY BT CALGARY

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Spammer ordered to pay \$1B

Spammers of the world,

A Quebec man has been ordered to pay Facebook \$1 billion after he allegedly bombarded its members with junk mes-

Quebec Superior Court has upheld a ruling by a U.S. court that Montrealer Adam Guerbuez owes that money after he flooded the Facebook accounts of members with 4 million spam messages.

A court in California ruled in 2008 that Guerbuez had violated U.S. electronic commerce

Justice Lucie Fournier also forbade Guerbuez from having a Facebook account or being involved in any way with the social-networking site.
The spam sent by

Guerbuez promoted medication to treat such conditions as erectile dysfunction.

THE CANADIAN PRESS

Another hurdle for immigrants

A new report highlights how tough it can be for university-educated immigrants to find employment in Canada. The unemployment rate for that group of immigrants was almost 14 per cent last year compared to 3.4 per cent for Canadian-born workers with a degree, said the report released yesterday by the Community Foundations of

The jobs situation got worse for university-educated immigrants compared to 2006, while their Canadianborn counterparts held their own, said Monica Patten, president and CEO of the group that released Canada's Vital Signs 2010, an annual report looking at quality of life in this coun-TI'V. THE CANADIAN PRESS

Semrau gets boot from the military



Judge said he could not find any precedents for sentencing in case

A military judge has sentenced Capt. Robert Semrau to be formally reduced to the rank of second-lieutenant and dismissed from the Canadian Forces after the battlefield shooting of Taliban insurgent in Afghanistan in 2008.

Semrau was convicted in July of disgraceful conduct but acquitted of second-degree murder and attempted murder in the shooting of the gravely

wounded enemy fighter. After Lt.-Col. Jean-Guy Perron handed down the sentence yesterday, Semrau strode from the courtroom without a word. clutching the hand of his wife, Amelie.

His defence team said they would discuss the possibility of an appeal.

"You personally failed to abide by one of our most **important** principles: That of using force only in accordance with lawful orders."

LT.-COL. IEAN-GUY PERRON

Perron described Semrau as an exemplary officer whose men testified to his courage and leadership. He said the shooting was clearly out of character.

But, he said, none of this mitigated the gravity of the offence.

"In the military context, you committed a grave breach of discipline," Perron said

THE CANADIAN PRESS



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Ex-general says HQ heard of detainee abuse

• Former overseas commander says field generals had 'duty to know' about treatment of Afghan prisoners

The military man who used to be in charge of Canada's overseas operations says responsibility for the fate of Afghan prisoners rested largely with task force commanders in Kandahar.

Retired lieutenant-general Michel Gauthier told a public hearing yesterday it was up to task force commanders in the field to know about Afghan jails and assure themselves that captured fighters were not being handed over to illtreatment.

"A commander should be doing everything he can and that was the spirit of this, to be proactive," Gauthier said under cross-examination by a lawyer for



Amnesty International and B.C. Civil Liberties Association, whose complaints launched the inquiry.

The decision to hand over prisoners has always belonged to the general in charge of Canadian troops.

Gauthier testified he encouraged those commanders to go further and seek information about prison conditions. He did acknowledge, though, that on certain occasions a decision to hand over prisoners was referred to him and the country's chief of defence staff.

The former general acknowledged in earlier testimony that his Ottawa-based headquarters received "compelling" accounts of prisoner abuse, but said that doesn't mean they were all factual, nor did those reports indicate the Afghan government had violated its transfer agreement with Ottawa.

THE CANADIAN PRESS



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Voiceprint aids in terror fight

Q U.S. officials believe a cell of Germans and Britons were at heart of the European terror plot

Did their voices betray them? The discovery of an alleged terror plot against Europe owes at least some of its success to "voice-print" technology that allows law enforcement to electronically match a voice to its owner.

The technique — which some compare to finger-printing — can be a powerful anti-terror tool, officials increasingly believe.

The plot

The British eavesdropping agency GCHQ deployed voice identification software to help uncover the plot that officials say has targeted Germany, Britain and France.

Law enforcement agencies are already considering how a voice database could help thwart future plots.

The reported plot against European cities, in which suspects allegedly spoke of a Mumbai-style shooting spree, has triggered travel warnings and refocused attention on al-Qaida activities on the Pakistan-Afghanistan border, where several of the voices were recorded.

THE ASSOCIATED PRESS



Russian duo shares Nobel

Andre Geim and Konstantin Novoselov were awarded the Nobel Prize For Physics yesterday for groundbreaking experiments with the strongest yet thinnest material known to mankind.

Tech gaps irk privacy commish

Canada's privacy watchdog is "troubled" by the way federal bureaucrats use BlackBerrys and dispose of used computers.

An annual report to Parliament tabled yesterday by Privacy Commissioner Jennifer Stoddart found problems with the way the government protects the personal information of Canadians.

"Our audits turned up some disturbing gaps in the privacy policies and practices of government institutions," Stoddart said in a statement.

THE CANADIAN PRESS







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Jobs to be scarce, wages modest: TD

In the four quarters beginning July 2009, the economy has already managed to recoup lost jobs

Canada's employment picture is getting darker, according to a new report that predicts jobs will be scarce in the next year or

so, and wage gains modest. Job gains will fall to under 200,000 next year, just over half of the 350,000plus jobs that is expected as the final tally for this year, predicts the TD Bank report released Tuesday.

Average wages will rise at under two per cent for the next few years - just keeping up with the anticipated inflation rate.

"It's going to be a period of tough employment growth," said Derek Burleton, deputy chief economist with the bank.

"Already we are seeing wage gains that are tepid."

Employment growth averaged about 13,000 in July and August, after averaging 51,000 a month in the first six months of the year.

Recent data from Statistics Canada shows the slowdown in employment has already begun, coinciding with a similar braking in economic growth.

Burleton says he expects monthly gains in the 5,000- to 10,000-a-month range for the rest of the year. The consensus is that Friday's jobs report will show a modest 10,000 pickup. THE CANADIAN PRESS

Market moment

TSX

Dollar

Natural gas 1,000 cu ft \$3.745 Gold contracts

Trader convicted in \$4.9B fraud case

Former Societe Generale SA trader Jerome Kerviel was convicted on all counts yesterday in one of history's biggest trading frauds, sentenced to three years in jail and ordered to pay the bank a mind-numbing \$4.9 billion US in damages.

The ruling marked a huge victory for Societe Generale, one of France's most blue-blooded banks, which has worked to clean up its image and put in place tougher risk controls since the scandal broke in

The 33-year-old former futures index trader stood expressionless as the court convicted him of



charges and pronounced a five-year sentence with two years suspended. Kerviel was found guilty on charges of forgery, breach of trust and unauthorized computer use for covering up bets worth nearly \$50 billion between late 2007 and early 2008.

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HOT AND BOTHERED BABY BOOMERS



This just in: A Canadian Liver Foundation survey finds that baby boomers don't practise safe sex.

t's Mondo Viagra out there.
One in three unmarried
boomers aged 46 to 64
have unprotected sex with
a new partner. Forty per
cent of boomer men are
open to one-night stands; 33 per
cent of boomers are into online
dating; 57 per cent "feel freer"
about sex; and 82 per cent
believe it's important to have an
active sex life, even at their age.

It's news that has an entire generation of adult children going "eeeevyvyeeeewwww."

ing "eeeeyyyyeeeewwww." But I don't know why euryone is so surprised. After all, boomers grew up during the "sexual revolution" of the '60s, a

MICHAEL DE ADDER

clumsy, groping, inappropriately dressed era during which it was OK to love the one you're with.

The sexual revolution is a thread that continues to run

through society, although it's unravelling rapidly, like that leisure suit in the back of the closet.

It was fatally infected by HIV, which any minister or priest will tell you is the microscopic wrath of God. Obviously, the baby boom is

getting hard of hearing. And thanks to Viagra, that's not the only thing that's getting hard. I guess when the Beatles

I guess when the Beatles wrote When I'm 64, they didn't anticipate the future would include drug-induced supercharged priapism. The drug companies have created an epidemic of erectile dysfunction, targeting guys who once accept-

"Obviously, the

baby boom is

getting hard of

hearing. And thanks to Viagra,

that's not the

only thing that's

getting hard."

ed the decrease in desire as yet another sign they will soon meet a tall dark stranger, and it won't just be a one-night stand.

I was watching a football game the other day and learned that 40 per cent of adult males suffer from

erectile dysfunction. When 40 per cent are affected, isn't that normal? Why not just give in to your real secret urge to collect stamps, then have a nap ... or just forget about the stamps and

go straight to the nap?

You play, you pay, says the Liver Foundation. If you're wondering if this survey is being brought to you by the wrong organ, it's instructive to learn that 45 per cent of hepatitis B infections are contracted by boomers, not to mention all those other nasty little bugs out there disguised as Julie, 54, loves walks at sunset along the beach, or Eric, 60, still believes in magic. Yeah, right.

So the next time you feel bad, fellow boomer, because you would rather have a glass of warm milk than tempt the fates, just remember, the milk is pasteurized. And enjoy.



Read more of Paul Sullivan's columns at metronews.ca/justsaying

......

Cartoon

PERATING TRUDEAU'S INVOCATION OF THE WAR MEASURES ACT:





Diamonds are forever

Worth mentioning

A rare pink diamond that goes on sale next month could fetch up to \$38 million US, according to auctioneers Sotheby's.

The "fancy intense pink" 24.78 carat gem is being sold by an unidentified private collector, the auction house said.

"We're able to say it's been in the possession of the same owner for 60 years, but beyond that we're not able to reveal more," Sotheby's spokesman Matthew

Weigman said yesterday. The diamond was last sold by New York jeweller Harry Winston and has a classic emerald cut with gently rounded corners,



the company said. The stone has a flaw unnoticeable to the naked eye, probably due to wear, but may be graded internally flawless after re-polishing.

"It is sensational as it is, but if somebody would bother to repolish it they would have an even more sensational stone," said Daniela Mascetti, a senior director in the company's jewelry department.

"But I personally would not touch the stone if I was planning to wear it."

The diamond went on exhibition worldwide starting in Hong Kong Saturday and will go up for auction Nov. 18 in Geneva, when Sotheby's estimates it could sell for \$27 million to \$38 million. THE ASSOCIATED PRESS

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Metro Minute with the Marathon Man



If you've got a minute today Calgary — or maybe 20 minutes and you want to help support a great cause, and get your daily run in, you can join Marathon Man Martin Parnell in a 5 km run to help support Right to Play. Parnell, who is endeavouring to run 250 marathons this year, will be running with members of Canada World Youth for the last 5 km of his 185th marathon this year, starting from the west side of Eau Claire Market, beginning at noon. On his 250 marathon crusade, Parnell is hoping to raise \$250,000 for the organization.



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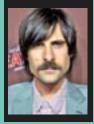
Directing duo make perfect team

• Anna Boden and Ryan Fleck take on project about teen in psych ward



In brief

Jason Schwartzman's dog had the face for – iust not the back for it. Schwartzman, 30, stars in HBO's offbeat detective comedy Bored to Death, and show creator Jonathan Ames says he wanted to have Schwartzman's French bulldog, Arrow, in the show. Un fortunately Arrow has a had back and was not up to the rigours of acting. Arrow did have a cameo in the show, though.





Working with two directors could easily be confusing for actors, so directing duo Anna Boden and Ryan Fleck have a system worked out.

"Only one of us will go off and talk to the actors," Fleck explains. "We'll never go up together, so they have to look at both of us and interpret both of what we're saying."

we're saying."

It's a system that's served them well on their previous features, the acclaimed Half Nelson and Sugar. And their latest, an adaptation of Ned Vizzini's young adult novel It's Kind of a Funny Story, shows no signs of confused actor syndrome.

The film follows Craig (Keir Gilchrist), an overwhelmed teen who checks himself into a psych ward only to be placed with adults, as the juvenile unit is being renovated.

Though the directors weren't familiar with Gilchrist's work on The United States of Tara, they were immediately taken with the 18-year-old actor.

"He's just such a teenager," Boden says. "He's this

"We were all starting to lose steam a little bit, starting getting tired of being in the same place."

little punk kid, and he comes with his hoodie and all his patches, and he's not trying to be anything but who he is. Sometimes you meet with young actors and it's like they want to be sophisticated and professional, and there was just no pretense with him."

But the most interesting bit of casting comes in the role of mentoring patient Bobby, played by Zach Galifianakis in his first mostly serious turn. In fact, Galifianakis' comedic background almost stood in the way of his getting the part, according to Boden.

"We pretty much only knew him from The Hangover, and we were not convinced from that he was right for this," she says.

"But we looked back at some of his stand-up, and he's got something really interesting going on underneath the surface. There was this third side of him when we met him, this down-to-earth, charming, loveable, smiley person."

Fleck recalls that Galifianakis was just as valuable off screen as on. "Zach came late, for the second half," he says. "We were all starting to lose steam a little bit, started getting tired of being in the same place, it was freezing outside and it was getting a little depressing. And then Zach shows up and just woke everybody up. He came in and was just charming and fun to have around."





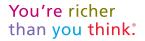


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hen Finger Eleven first started playing music they'd have dreams of selling a million records.

Now that the band has hit that mark — they've sold more than two million copies of their 2007 disc Them vs. You vs. Me — they don't care how many albums go through the check out line.

"At the beginning you think you're not doing well unless you sell millions of records," says guitarist Rick Jackett. "The truth is it doesn't really matter."

Jackett blames a shifting music industry for his attitude change. "Major pop stars aren't selling," he says. Even for a band like Finger Eleven, it's their shows and merch that bring in the money. Still, you'd expect the band to feel some sort of pres-

Still, you'd expect the band to feel some sort of pressure to follow up their massive success. But Jackett disagrees. There's been no label interference and their only goal was to improve their songwriting.

"We've always had pressure on ourselves, to top our

FINGER ELEVEN STAYS RELEVANT

last record," Jackett says. Of course every band says that, but many have trouble matching a massive seller. I wouldn't say Life Turns Electric, Finger Eleven's new

I wouldn't say Life Turns Electric, Finger Eleven's new record that's out today, is that much better than their last disc, but there are improvements.

The disc still has plenty of heavy riffs, pounding drums and Scott Anderson's alt.rock wail, but the group also tackles pop and funk. Their single Living in a Dream is unlikely to match Paralyzer's success, but its Franz Ferdinand-like verses is a nice change from their heavy rock.

Jackett chalks up the poppier sound to two things: Better songwriting and a more positive view on life. "We're continually trying to write stronger melodies," he says. "But a lot of it comes from maturity. We start to lose our angst that alienates you from everyone else. We don't hate the world so much anymore, we wake up happy in the daytime."

It also had something to do with a jukebox filled with obnoxious dance music. "There was a bar beside the apartment [where] we were staying that played mostly classic rock and new dance music," Jackett recalls. "I did not want to listen to the dance tracks, so we played a lot of classic rock, and that influenced the record."

Ultimately, the band is just trying to stay relevant in a different record industry than they started in.



Lil Wayne going solo in jail

Lil Wayne is facing the music after being accused of breaking jail rules by having music gear.

As a result, he can expect to go solo for the rest of his time behind bars in a gun case.

The Grammy Awardwinning rapper was moved on Monday into what city jail officials call "punitive segregation" for a month, until his expected November release date, a Correction Department spokesman said.

It's Lil Wayne's punishment for stashing a charger and headphones for a digital music player in his cell earlier this year, officials said.

The rapper will now be confined to his new cell 23 hours a day, with such exceptions as visits and showers, instead of being allowed to mingle with other inmates.

He'll eat in his cell and won't get to socialize even during his hour a day of recreation, Morello said.

Lil Wayne will also have to forego TV, and he'll be limited to one phone call a week, instead of one or more chats a day, except for calls to his lawyer.

The 28-year-old rapper—one of the genre's biggest stars, has been held since March in the Rikers Island jail complex after pleading guilty in October 2009 to attempted criminal possession of a weapon. He admitted he had a loaded semi-automatic gun on his bus in 2007. He was given a one-year sentence, but is expected to serve eight



months because of time off for good behaviour, despite the music-player gear episode.

Officials said the headphones and charger considered contraband were found in May, tucked in a potato chip bag in a garbage can in the rapper's cell.

Born Dwayne Carter, Lil

Wayne had the bestselling album of 2008 with Tha Carter III, which won a best rap album Grammy. As he faced incarcera-

As he faced incarceration, he said he planned to keep up the beat behind bars. "I'll have an iPod, and I'll make sure they keep sending me beats," he said last February.

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Led Zeppelin's enduring allure

◆ Legendary musician Robert Plant goes solo with new group ◆ But fondly recalls his days with the world's biggest rock band and its legacy

Ex-lead singer of the mythical rock band Led Zeppelin, Robert Plant, is having fun going solo with his new group, Band of Joy, revisiting blues and country standards. Metro met the living legend in London.

Should we bow to a man who's recently been appointed Commander of the British Empire? No, it's not an aristocratic title. It's just a way for the establishment to show its respect to those who have been hanging around for a while. My parents would have been touched if they were still alive. But for me, it's quite funny. I would have preferred free

admission to every football club in the country for a year!

Band of Jov was a band you were playing with before Led Zeppelin, together with late John Bonham. Is it a way of paying him a tribute? You know, I often think of him. I still miss him a lot .. Three weeks ago, I had lunch with his family, and that was comforting for all of us. I think that Bonzo and I shared the same spirit. And our ambitions for Led Zep were big. We didn't care about anything because we never knew success. Nothing has been as big as Led Zep was during its existence. Nothing

since then either, though.

Why didn't you play Led Zep songs, then, except one? To me, most of those songs are monuments of beauty. I can't write songs that good. I know the musicians pretty well, and we could try to write something approaching that quality. But it would take time to get something as good as the Led Zep songs.

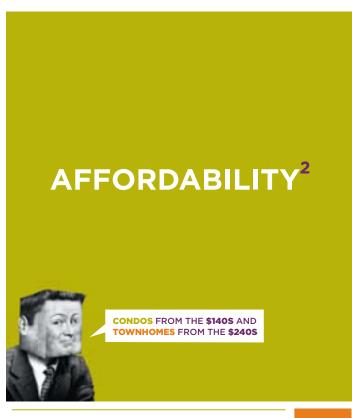
Do you still need to go on a journey in the desert to get inspired? Oh yeah! I'm going back to Morocco prety soon. I'll have my eyes and my ears wide open, and I'll take a recorder to

capture the sounds of the streets, like the fishermen in Essaouira who sell their catch in the market. I speak a little Arabic now. If I'm lucky I'll get to go to Morocco two times a year. I'm happy that things continue to move on in my life. And travelling is quite a good dynamic for my wellbeing.

There is a rumour on the web saying you would be okay for a reformation of Led Zeppelin ... You'd be better off reading Playboy. There's more substance in this magazine than all those sites on the web!

METRO WORLD NEWS

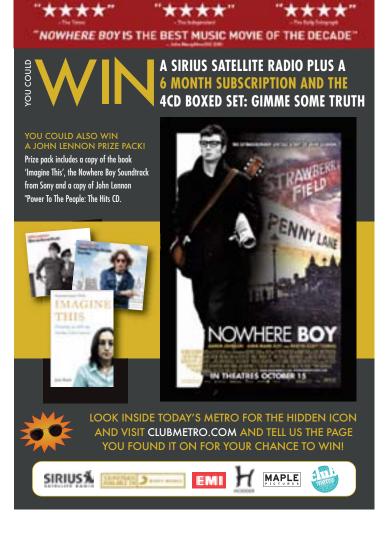












TV Picks

The depravity continues

comedy. It's a new season over on Childrens Hospital, and things are looking just as deprayed as ever. There is fallout from Cat's inappropriate relationship with her patient, Nicky, and Chief has more than professional feelings for the new administrator. Meanwhile, Glenn cures cancer. (G4)

Earthquake shakes Family

SITCOM. An earthquake over on Modern Family hits each member of this dysfunctional clan in unique ways Claire gets stuck in the bathroom with the plumber; Manny has an existential crisis while out with Jay; and Mitchell and Cameron use the quake as an excuse to get out of a party thrown by a friend. guest star Nathan Lane. (Citytv) the canadian press

Bones Bombshell stirs things up on hit show

On-screen romance intrudes on on-again-off-again relationship between Bones's two main protagonists



Despite a martial arts background, actress Katheryn Winnick says she won't be engaging in any small screen fisticuffs with Bones star Emily Deschanel. Well, maybe not.

"No, I don't think there's a cat fight," says the Toronto-born actress, who plays the new romantic rival on the crime drama.

"Still, I feel Brennan (Deschanel) can't help but probably feel a little bit of tension at who's this new girl?"

The "new girl" is Hannah (Winnick), an Afghanistan war correspondent and girlfriend to Booth (David Boreanaz). Their romance intrudes on the on-again-off-again relationship between Booth

and Brennan that has formed the basis of the long-running series.

"I don't know if she (Hannah) knows the details of their relationship and what happened last season. I think it would be more interesting to kind of discover that," says Winnick, whose credits include the films Failure To Launch and Killers.

Winnick sees some parallels between her Bones character and herself. "Being work-driven. Being ambitious. Always wanting more out of life," she says.

"I'm not one to sit around and let things happen to me. I've had the experience of starting my own martial arts school at the age of 16. I had a big career and passion before I got involved in acting."

Bones fans, needless to say, are in a bit of an up"My character would like to kick some butt on screen ... Hannah could definitely hold her own."

roar over the arrival of Hannah, who has been dubbed the "Bones Bombshell." They see the new

character as a threat to the much-teased Booth/Brennan romance.

"I'd heard that it was causing a stir. I hope the audience will give Hannah a chance and realize that she's not there to be part of a love triangle or to create a cat fight or high school drama."

Still, a cat fight might be cool too.

Bones airs Thursdays on Global.



We paid for our Caribbean cruise with our TD Points (even the excursions).





Dexter's kill rooms return

Average room takes five hours to set up before a shoot
 Will go through 25 gallons of fake blood this season

The boxes are labeled "body parts," "heads" and "Dexter killing devices & face shields." Others are filled with plastic wrap, duct tape, knives, syringes — everything your friendly neighbourhood serial killer might need to do away with bad guys.

On TV, many of these things might be found hidden in Dexter Morgan's apartment, or in the case of the body parts and heads, wrapped in plastic trash bags strewn at the bottom of the Atlantic.

In reality, though, all this stuff — along with medical equipment, official-looking paperwork from the Miami Police Department and a creepy lifesized baby that stands in for Dexter's infant son — lives inside a 48-foot trailer at a Hollywood studio where the hit Showtime series Dexter is filmed.

Now in its fifth season, Dexter follows its name-sake character as he carefully balances his public life as a dad, brother and police forensic specialist with his private life as a serial killer of serial killers. The Emmy-nominated series stars Emmy-nominated actor Michael C. Hall, who has won a Golden Globe and Screen Actors Guild award for his portrayal of the enigmatic protagonist.

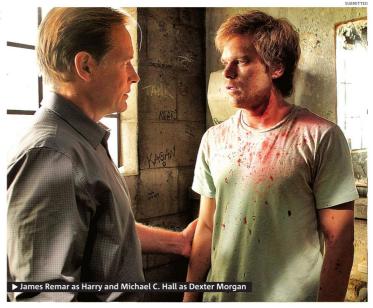
"He's definitely taken a unique responsibility for a shadow side that's more formidable than your average, run of the mill shadow," Hall says from his trailer between takes.

The height of the show, for fans and for Dexter, are the scenes where he's captured his victim and about to deliver his justice. He's the hero, the central character viewers are rooting for, and yet he's about to commit murder.

"Dexter is able to be most clearly himself in those scenes," says executive producer Sara Colleton. "He drops away all the masks he thinks he has to hold in place to move through society."

These moments fill just a few minutes of show time, but dozens of people spend countless hours creating each kill-room scene.

THE ASSOCIATED PRESS



metrescene metronews.ca wednesday, october 6, 2010

Stretch to the music

◆ Warming up can help prevent dance injuries ◆ But warming up the mind is equally as important



Ask any athlete and they'll tell you that stretching is the most important exercise they do.

Just a few minutes before and after a warm-up

Warm-up tips

SYTYCD choreographer Tre Armstrong offers three tips on what to avoid in a pre-dance warm-up.

- Don't show off. If you show off at the wrong time you could end up in re-hab for the year. Warm up for at least five minutes.
- Don't take dancing too seriously. Laugh a bit. Get ready to have some fun.
 Why dance if it's serious?
 Don't eat a full meal. Then
- Don't eat a full meal. The you won't throw up.

or game can help prevent a career-ending injury.

But Tré Armstrong, one of the choreographers for So You Think You Can Dance Canada, says there are things to consider even before that.

"Never start to stretch before doing a bit of running," she cautions. "It's really important to get the blood flowing in the body. If not, your muscles might stiffen up in the cold."

Dancers put a lot of strain on their legs through lifts and jumps, so it's important to warm them up too, through a process Armstrong calls "the As, Bs and Cs," lifting each leg to a different interval, one a time. "To get the agility to jump high, you gotta get you knees high in the warm-up."

A 10-minute warm-up will do, Armstrong says, though she concedes every dancer's routine is differ-



ent and individuals should find what works best for them.

Finally, the mind is also a muscle and has to be

warmed up just like the rest of the body, says Armstrong. "That's something that's often overlooked. Before you do anything sit down for five minutes and scribble on a piece of paper or take out your Crackberry. It's just to clear your head. Sometimes you get

into a warm-up and you start to think too much. If you get rid of it and warm up your brain you're clear to go."

My TD Points covered my stay at a ski resort (even my ski lessons).



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Glee brings dance to mix

O Song-and-dance now go hand-in-hand on Global's Glee O More dancers are being integrated into the cast this season O More guest stars to come

While kitschy musical numbers are still the main focus of TV's Glee, choreographer Zach Woodlee says he's been called upon more and more to churn out toe-tapping routines to go along with the tunes. Woodlee shared his en-

Woodlee shared his enthusiasm for the show and the art of learning to dance.

Glee airs Tuesday on Global.

How much time do you get for each episode?

The max, max, max time I get is eight hours. Like the Britney numbers — the ones with Heather like Slave 4 U and Me Against the Music — it's an eighthour day. They get one rehearsal and then we shoot

it. But then some of the numbers, especially with the cast, it's anywhere from an hour-and-a-half to four hours, depending if I can get them all. It's crazy. Literally, I think I had the kids last week for a total of four hours but they learned three numbers. So I just throw information at them and it's like, "This and this and this and this and this had it's kind of crazy how much they have to retain in such a small amount of time.

How are they coping with the learning curve?

They're not dancers but ... after you work with someone for a while you develop a language and you learn what each other is thinking and they know how to take in the information and translate it into their bodies and how to make it all happen. And they also know the time restraints that we're on. There is not time to sit and think about it — it's literally go, go, go, go.

Do have a favourite cast member to choreograph for?

They're all so, so different ... each one's a different beast. So, Heather (Morris, who plays Brittany) is great to choreograph for crazy, crazy dance stuff, but then if you need a nice hard earthy number, Amber (Riley, as Mercedes) is just wonderful to put something on. Naya (Rivera as Santana) is great if you

need a little bit of sexy in it, you know what I mean? They each are their own little ingredient in the recipe.

And I guess Cory Monteith (as Finn) is the comic relief?

Hah. Kind of, but in turn, he's got muscle memory now, which is wonderful, and he can learn a threeminute number in two hours and remember it and not have any questions or concerns, like he's in it. He's not the best dancer in the world but he definitely knows what he's doing now and I think he also, to an extent, needs to cater to the captain of the football team dancing, you know what I mean?

THE CANADIAN PRESS









Stewart takes parting shot at fired CNN host

Sanchez gets the boot after calling Stewart a bigot on radio program

Jon Stewart gleefully struck back Monday night at the former CNN host who was fired after calling him a bigot.

In his opening spot on The Daily Show, Stewart told his Comedy Central audience that, after taping last Thursday's edition, he had heard Rick Sanchez interviewed on a radio program.

"I think Jon Stewart's a bigot," Sanchez was heard declaring in the taped replay. Stewart replayed another excerpt from the radio interview where Sanchez sneered, "I'm so glad that (Stewart) grew up in a suburban middle-class New Jersey home with everything that you could ever imagine."

Grinning slyly, Stewart said Sanchez "really nailed what it was like growing up in central Jersey in the early '70s, the fortunate son of a single mother in the education field."

By Friday afternoon, CNN had announced Sanchez was no longer with the company.



We paid for a weekend getaway in Vegas with our TD Points (even the Grand Canyon helicopter tour).





Green marries reality TV with Internet

Control TV, which launches today, is a new reality Web series that is billing itself as a real-life Truman Show.

Like the Jim Carrey movie, Tristan Couvares will have cameras following him all day long, but with Control TV viewers voting to make Couvares' decisions.

It may sound slightly dystopic, but Seth Green, who is producing the show with Matthew Senreich, says Control TV is "part entertainment and part vicarious improvement of another human being."

"It's not Gerard Butler in Gamer, it's not The Running Man," Green says, referring to two films where lives are sacrificed for entertainment. "We're doing something a little less malicious than that."

Instead, Green sees the show as a chance for an uncertain 25-year-old man to be propelled by the Web-watching masses. In his view, the Internet can be a benevolent god.

"We're going to guide it so that none of the decisions are detrimental to him," says Green. "It could be as simple as putting him in funny clothes when he goes to a job interview or insisting that he has a hidden agenda when he speaks to a girl for the first time, or whether he's going



to eat oatmeal or an English muffin to start his day."

Viewers, who can follow at http://controlTV.com and

sign up for cellphone alerts, will get the opportunity to decide things for Couvares approximately 10 to 15 times a day.

Voting will be for multiple choice options — A, B or C — which means Couvares won't be forced to do anything the show's producers haven't already prepared.

Couvares, who was chosen from many applicants, will be streamed live 24 hours a day. A webisode will also run daily summarizing each day's events.

In his audition tape, Couvares said he grew up in Manchester, Conn., and moved to Los Angeles about two years ago. "At the end of the day, if I'm in a situation, I'm going to know what makes good TV." he says. "I'm going to know what's going to be funny, what people are going to want to see. That's what I bring to the table."

Though many have experimented in streaming their lives live on the Internet, Control TV hopes the interactivity with the audience will set the show apart. There are also clear parallels to CBS' Big Brother, which also includes live webcasts and viewer multiple choice voting options for certain aspects of the show.

THE ASSOCIATED PRESS

We paid for a weekend getaway to New York with our TD Points (even the sightseeing tour).





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Blade axes first pair

Hough-Sweeney and Courtnall iced on CBC-TV's Battle of the Blades
 Seven pairs return next Sunday to compete in second season of show

Christine "Tuffy" Hough-Sweeney and Russ Courtnall are the first couple to be iced on the second season of Battle of the Blades.

The former NHL'er and figure skating champ were voted off the CBC-TV reality show after a live performance Sunday that saw them tackle a rock-

music themed program.

The kitschy competition pairs former hockey heroes with female pairs skaters for live performances that are voted on by TV viewers.

The winning pair earns \$100,000 that will be donated to a charity of their choice. Eliminated couples

receive \$25,000 for a charity of their choice.

Battle of the Blades airs live performance shows Sundays and live results shows Mondays on CBC-TV

TV.
Skating to Hero by
Chad Kroeger, HoughSweeney and Courtnall
impressed the audience

with their lifts and Courtnall's skating technique, and judges Sandra Bezic, Jeremy Roenick and Brett Hull also praised their performances.

The Russian pair Katia Gordeeva and Valeri Bure, who were also in the bottom two, will remain.

THE CANADIAN PRESS

The Exorcist still stands test of time

Oroundbreaking supernatural thriller gets the Blu-ray treatment with new deluxe edition Orontains original behind-the-scenes footage

Exorcist Blu-ray

Besides having both the 1973 theatrical cut of the film and Freidken's director's cut from 2000, the new Blu-ray also includes a ton of behind-the-scenes footage cinematographer Owen Roizman had been holding onto since the original production.

- I most appreciate about the behind-the-scenes features is the innocence. We tried to always say this is who I was, but nobody wanted to believe it. And the audience gets to finally see it for themselves, that I was just this normal little
- young person."

 Blair on being a child actor: I was naïve, but I was a professional child actor, so you do what you're told to do. It doesn't mean you understand everything.



The Exorcist is easily one of the greatest horror movies of all time, but could they make it again today?

"No you can't because they created everything they did," the film's star, Linda Blair, says, citing the 1973 film's practical effects. "I always say it's the greatest magic show ever made on film. With the computers and so on nowadays, nobody would believe it — in my opinion."

Still, that doesn't mean she wouldn't prefer working with today's technical wizardry. "I think it would've been swell if there were some of the special effects we have available to us nowadays," she says.

Blair was barelv a

teenager when she embarked on the nearly twoyear process of making William Friedkin's groundbreaking supernatural thriller, which gets the Blu-ray treatment with a new deluxe edition.

"Billy Friedkin is a master. Without a doubt, he was meant to make this film," she says. "He is difficult because he wants to deliver the best. And that's why the film has withstood time. Yes, it was hard. There's no doubt. It was no walk in the park."

And despite her age, Blair says she knew all the hard work was worth it as soon as she saw the finished product.

"To see all of it put together, it was incredible. I knew that my life had changed forever, I just didn't know how," she says. "It was when I became known around the world that my life became nearly

impossible, and I just kept fighting to say no, you're not going to take away my identity."

Of course, after almost 40 years, things have gotten a little easier to handle. "I think that people have come to understand that I'm rather boring," she says. "To an obsessive fan, I'm pretty normal."

Given the chance to

Given the chance to look back on The Exorcist, Blair is particularly struck by the reaction she and the film received — and how often she was quizzed on theology, with a recurring question being whether the devil exists.

"I was sitting in front of huge amounts of press and that was one of the main questions to a 15-year-old. It was very bizarre," says Blair, who was raised Protestant. "They would truly ask me, as adults, if there's God, if there's the



I paid for my hotel with TD Points

(even the room service).



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Feldman returns to vampire franchise



Mention the Twilight series to Corey Feldman and he'll feign ignorance. "Never heard of it," he says, brow furrowed under shaggy black hair. "I have no idea what you're talking about. Is that a comic book or a kids' cartoon?" Then the laugh comes. "Just joking."

With his own new vampire movie coming out, Lost Boys: the Thirst, Feldman recognizes the importance of that other bloodsucking franchise.

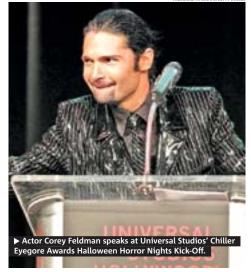
bloodsucking franchise.
"What I say is let them keep making movies because it's keeping us in business," he says. "The more romance novelists there are out there making romanticized ideas of vampirism for the kids, the more people want to see a

real action movie putting the bad guys where they belong."

He's also more than a little protective of the legacy of the first Lost Boys film, especially with the genre's current resurgence. "I remember it really being hailed as the original rock-and-roll vampire movie," he says.

"I'll never forget being at the premiere where I had invited Sam Kinison. I really wanted to gauge his perception of it because he was so contemporary and cutting edge at the time—he really had his finger on the pulse of what was happening. So he was sitting right in front of me at the premiere, and he kept screaming during the whole movie, like, 'Dude! This movie rocks! F—yeah!'"

The Thirst marks Feldman's third Lost Boys film,



after Joel Schumacher's 1987 original, which featured Feldman and Jamison Newlander as teenage self-professed vampire hunters the Frog brothers, and the 2008 sequel, Lost Boys: the Tribe.

"It felt good and it still feels good," Feldman says of reuniting with Newlander. "It's kind of like re-engaging in an old marriage. It's awkward, it's uncomfortable, but something about it still works. And then you feel kind of guilty afterward, like, 'Did I really mean to do that?'"

The new film is also the Frog brothers' chance to take centre stage, though Feldman's character isn't in the best of shape. "He's disheveled, disabled, abandoned and alone," he explains. "He's living in a trailer, he's lost everything in his life that's dear to him, and he's really disconnected from the rest of the world.

That's where we find him at the beginning of this film. It's not too difficult to relate to for Feldman, who's had his own ups and downs in the past 23 years, including the loss last year of best friend and Lost Boys co-star Corey Haim

But Feldman is looking forward, not back — as is the franchise, he insists. "We wanted to make sure that we keep it contemporary," he says.

"(In the Tribe) we had the X factor. They were all about extreme sports and motorcycles and skateboards and surfboards and YouTube and Girls Gone Wild and cell phones and video cameras.

"Whereas now it's really more about the ravers and designer drugs and laser shows and all that kind of stuff that kids can really relate with today. That's what we think the vampires would be doing if they were turning into vampires today."

Life after Prison Break



Miller focusing more on writing these days than acting He's written his first script, called Stoker D But he'd be back on TV for the right role



For four years, Wentworth Miller was the face of TV drama Prison Break. Today, he's starring as the new hero in the Resident Evil film franchise.

Afterlife, the latest installment in the highoctane zombie movie franchise, is the first movie role for Wentworth Miller since he rose to fame as Michael Scofield in the hit TV drama Prison Break.

His first scene in the zombie flick sees Miller's character Chris Redfield trapped inside a prison cell, something the charming actor talks about with a smile on his face.

"In an interesting way, this is an evolution of the character I played in Prison Break," Miller says. "If you know me from the show, I think you'll watch the movie and see a degree of overlap. I found it funny when I first read the script. For those who know me from Prison Break they would be amused. But if you don't know me from the show, then it's busi-

ness as usual."

But there's no tattoo this time. "I will always be

Michael Scofield to certain

people." Ever since Prison Break ended in 2009, film scripts have been arriving on Miller's doorstep in abundance, with many of them on the theme of prison.

"Whether my character is in prison, going to prison or he's been to prison – or if he's got a tattoo – maybe he can make origami like Michael Scofield," he says.

"Typecasting is very real and it's something to be

reckoned with as an actor. Coming off four years of a show playing the same character, you're going to be that person. Not just to fans, but also to the business, to Hollywood.'

But Miller quickly decided he wouldn't be bothered with that.

Why then, from all those scripts that he got, did Miller choose to star in the fourth installment of the Resident Evil franchise? "Because it made me laugh," he responds. But also because he knew that that franchise was "intensely popular," he said. "The franchise has its place in popular culture and I was aware of its significant international fan base.

I paid for a last-minute flight to Paris with my TD Points (even the airport taxes).



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Top 5 vampire flicks to watch

woods to venture into, for sure. Choosing the five best vampire movies is sure to stir the ire of the multitude of fans of the genre, people who are proprietary about this romantic, fearsome figure.

But with the opening this week of Let Me In, it's as good a time as any to sink our teeth into the topic. (Sorry, the puns are

These are five we like best, in no particular order. You will notice that none of them includes the word Twilight in the title (continued below):



I paid for my all-inclusive vacation with TD Points (even the jet-ski rentals).





Let the Right One In (2008):

We may as well begin with the Swedish thriller that inspired Let Me In, a film that was rightly hailed for its inventiveness, scares and soul. Director Tomas Alfredson offers plenty of startling scenes, but the real allure comes from the suspense that builds in the stillness. and the sweetness that arises from these two misfit characters forging a rela-tionship they both desper-ately need, even though they know it can't last.

Nosferatu (1922):

As far as classics go, it's hard to choose between this and the Bela Lugosi Dracula from 1931. Lugosi is, of course, synonymous with the character. But Max Schreck frightens me more.

Maybe it's the flickering, black-and-white cinematography, or the off-kilter shadows and camera angles. But decades later, the vision of the lanky Schreck rising from a coffin or walking through a doorway with that haunting look in his eyes is still creepy as hell.

Shadow of the Vampire (2000):

Barely anyone saw this movie, which is a shame because it was wonderfully clever, funny and disturbing. The premise from director E. Elias Merhige and writer Steven Katz was that, in making Nosferatu, Murnau knowingly hired a real vampire as the star to make its frightening moments more realistic. As the driven director, John Malkovich provided an incisive exploration of the lengths to which a filmmaker will go for art.

The Lost Boys (1987):

Robert Pattinson was an infant when this came out, nowhere close to playing the swoony, sparkly Edward of the Twilight series. But back then, Joel Schumacher's film defined the vampire as teenage rebel. And this is very much a Schumacher film, for better and for worse: It's got the hot young cast of Jason Patric, Kiefer Sutherland, Jami Gertz and not one but two Coreys, Haim and Feldman. If you grew up in the '80s, this was an exciting, sexy movie.

Love at First Bite (1979):

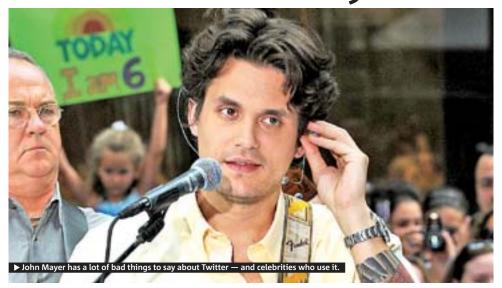
A disco-riffic spoof of the seductive side of Dracula. George Hamilton has never been as pasty or as funny as he was here, playing the deadly serious and hopeless-ly romantic count. Forced out of his Transylvania castle, he moves to New York City to pursue the model (Susan Saint James) he adores from afar. Arte Johnson is a hoot as his sniveling sidekick, Renfield. This one's dated, but deserves eternal life

THE ASSOCIATED PRESS

metr@dish metronews.ca WEDNESDAY, OCTOBER 6, 2010

Twitter leads art-less masses: John Mayer

John Mayer is finally addressing why he walked away from his 3.2 million followers on Twitter by deleting his account last month. "It occurred to me that since the invocation of Twitter, nobody who has participated in it has created any lasting art. And yes! Yours truly is included in that roundup as well," Mayer writes in a blog post. "No artwork created by someone with a healthy grasp of social media thus far has proven to be anything other than disposable." He also says he resents the way celebrities use the site. "When you convert your art into the art of real-time brand management. I suddenly have no more interest in it," he writes. "I'm not a brand."



Celebrity tweets



Kanye West [Akanye west1 Sittina at the graph-

ics house in Paris designing the type face for the album packaging



Olivia Wilde [Aolivia wilde] New

York, please stop being so perfect or I will need a tranquilizer and a police escort to get me on the plane back to LA.

Stephen Fry [Astephenfry] Bumped into the greatest bowler of all time at a Sting concert last night. And he's on twit-



Rainn Wilson [Arainnwilson] I know how to take

down the Taliban, Bedbugs. METRO

I paid for a resort in paradise with TD Points (even the scuba lessons).



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Jolie's kids go where she goes

It's back-to-school time, and since Angelina Jolie is currently directing a movie in Hungary, that's where her kids will go to school, according to People magazine. "Angelina has enlisted her children into (an) elite French-American school that (Pax and Maddox) will attend from next week on," a source says.
"The school has kindergarten, too, where Zahara and Shiloh will attend." As for Jolie's partner, Brad Pitt, he's been in Boston filming his next project, Moneyball. • METRO



Lilo lurkers inundate clinic

The Betty Ford Center has reportedly had to beef up security to deal with all the paparazzi since Lindsay Lohan checked in, but the troubled actress is at least helping foot the bill, according to the Chicago Sun-Times. The clinic has had to bring on extra staff "to cope with all the

paparazzi lurking around trying to get one of those 'money' shots to sell to the tabloids." And while Lohan has been helping with the expense, she hasn't been terribly social since checking in. "She has been a bit stand-offish with other patients and staff," a source says. • metro

Alleged mistress strikes back

alleged mistress David Beckham is suing for libel is now suing



claims she was roughed up

by the man sent to serve her papers for Beckham's suit against her, leading to her being hospitalized, according to the Daily Mail. Beckham is responsible for his goon's conduct, and we will hold him liable for it," Nici's lawyer

METRO

Talking points



Handler gets close to her 50 cent dream

SHE NEEDS A BIT OF CHANGE. Chelsea Handler has been telling audiences for ages that she wants to get intimate with rapper 50 Cent, and apparently he was paying attention. The pair were spotted getting cosy on a date in New Orleans recently, according to TMZ. And Handler admitted during a recent episode of her show that 50 Cent had sent her flowers and left her a voicemail saying, "I just want you to know that I was serious about asking you out. Just wanted to know if you are single." • metro

Newsflash: Bieber's rich

MONEY, MONEY, MONEY. Justin Bieber is by far the highest-paid teen performer, earning a reported \$300,000 a night while on tour, according to the Smoking Gun. Not only does he make three times what Disney teen star Selena Gomez earns, he also out-earns established acts like Shervl Crow and Weezer. who pull in \$146,500 and \$150,000 per night, respectively. But Bieber still trails top-earning Rascall Flats. The country act makes \$702,500 a night.





Gaga for safety



Flight attendants for a Philippine low-cost airline who dance to Lady Gaga to keep passengers from snoozing through an in-flight safety demonstration are the latest YouTube sensation.

A video of stewardesses performing a choreographed rou-tine aboard a Cebu Pacific flight last week to demonstrate safety procedures has received more than 6.5

million hits.

The Manila-based airline, said yesterday it resorted to dancing stewardesses to draw more passenger attention to its in-flight safety reminders.

THE ASSOCIATED PRESS





• Go to the heart of Texas with a trip to Amarillo • The people love God, meat, their horses and Humvees • Oddball art is all over the city that's in a state better known for oil and gas

SEE The Signs

Amarillo, Texas, is on oddball place, but perhaps it's King Oddball is Stanley Marsh III — heir to an oil and gas fortune and madcap artist. He has erected scores of mock traffic signs with slogans like "Road Does Not End." Funny and strangely affecting.

HEAR The Humvees of Repent Amarillo

Repent Amarillo is the scarily militarised faction of the Army of God and camouflaged Humvees seem to be everywhere.

List of hates includes rock 'n' roll, gays, students, environmentalism, planned parenting ... be afraid, be very, very afraid.

EAT Sharky's

Sharky's Burrito Co, in 1612 S Georgia St., is fast becoming legendary. It serves simply huge, deli-cious burritos for a few dollars. Whatever your budget this is not to be missed.

DRINK The blood of Christ

Only half joking place is very religious. There are chapels every-where, traditional and modern — one of them has a "blood" pouring down the frontage and the slogan "His blood was spilled for you." Thanks but I've just eaten.

WEAR

A cowboy hat

They love horses in Amarillo and there are many ranches you can visit to see, well, real ranchers. A cowboy hat, check shirt and denim is de rigeur.

N/

D0**Cadillac Ranch**

Iconic piece of '70s pop-art courtesy of that man Stanley Marsh again. Essentially 10 Cadillacs buried nose down in the dirt in a field just outside of town. It's very, very surreal. You can play on them too!

DON'T

Bad mouth the Lord Seriously. This is the buck-

le end of Bible Belt America and you mouth-off at your peril.

> SAY **Anything**

So long is it is infused with Christian decency and southern good manners. They both very seriously around here.

DON'T SAY Do you have a vegan option?

Meatpacking is Amarillo's main employer and the region supplies more than 25 per cent of the nation's meat. It is also home to the Amarillo Gun Club, one of the USA's leading trapshooting organisations.



For more information go to visitamarillotx.com

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I know what you're thinking as you peruse that glossy new guidebook: sunset strolls by the Seine, slow motion high-fives on Machu Picchu, steamy lovemaking on a secluded beach in Thailand where the sand doesn't get in the

out: non-existent street signs, less-than-aromatic local public transit and disappearing reservations. And — oh God — that hellish reservoir of sweat that develops between your back and a knapsack on a hot day. Blech.

The thing is, real travel is much more like The Amazing Race than a Sandals ad. Between jet lag fatigue, gnawing hunger and incomprehensible shower dials, there are so many frustrations that you just never encounter in your everyday life. And whose fault is it that the little outof-the-way gelateria you

just spent two hours trying to find is closed for renovations? Your partner's, of course! Don't believe what lawyers tell you: The map is

The good news is that travelling as a twosome isn't completely impossible. You can curtail the squabbles if you lower your expectations, only fly first class (yeah, right) and consider the tips below.

- · Blowin' in the wind means relationship turbulence. There is nothing romantic about wasting tragic amounts of time searching for basics like hotels and food. Book as much as you can in ad-
- That said, leave lots of gaps within that structure for spur-of-the-moment activities. Do not make a minute-by-minute itinerary and take on the role of drill sergeant. (Unless it's a sexy drill sergeant.)
- You might Google Maps installed on your iPhone, but if your

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the original divorce paper.



partner (wrongly) insists that "it's that way," shut up and enjoy the scenic

• The Parisian "cigarette and coffee" breakfast? Mon dieu, non! When blood sugar drops, so does the sweetness between you and your beloved. Eat regular meals and acquaint yourself with the entire tasty line of Power-Bars.

Of course you love him dearly. It's all bliss and joy and snuggles. But he's driving you effing nuts, right? Since most couples don't spend 24-7 together, it's natural to want some space. Don't

feel guilty about sending him to a sporting event while you go shopping.

 Constant sightseeing yields total travel burnout. On long trips, take a vacation from the vacation by having an average date and concentrating on each other — get a room with a kitchen and cook dinner

or see a movie.

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• It's okay to think mu-seums are boring. Who wants to look at ancient ceramics in glass cases every day? Nobody. Who wants to sleep in and have some dirty vacation sex instead? Everybody. Maybe you can even find that secluded beach after all.



From the sacred to the profane

THE TRAVELIN' CANADIAN

DARREN PARKMAN



Montreal ... a city of culture, jazz, history, and ... bone chilling rapids!

When you're not enjoying all that cultural and history, high adventure is only as far away as the port of old Montreal on the St. Laurence River.

Forget white water rafting, high-speed jet boating on the Lachine Rapids is one of the fastest, bumpiest, wettest, wildest rides



you'll ever experience. Imagine hitting a 20 foot high wall of water, coming up for a few seconds of air and then doing it all over again ... and again!

Saute Moutons tours offers a one hour thrill ride that will leave your heart in your throat, while your trying not to swallow gallons of river water. When it comes to riding the rapids, I'd rate this experience a ten! The moment you hit those Lachine rapids, it really does feel like boat's about to capsize, even though a safety bar ensures than can't happen. Yes, you'll get soaked to the bone, but it's a lot more exciting than your typical amusement park roller-coaster. Thankfully, the \$65 fee includes the rental of a full head to toe wet suit, and believe me, it comes in handy.

The adventure is billed as a scenic city tour, but you soon forget about the pretty buildings, when those rapids hit. To be honest, I didn't see a lot during the rapids part of the tour. Too busy trying to get the water out of eyes, ears, and mouth.

My kinda fun!



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SEE THE SIGHTS

Other cool things to do in **Montreal**

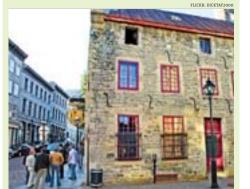
Stroll through Old Montreal:

You'd swear you were in old Europe with all the cobblestone streets, old cafes, and 17th and 18th century architechure. You won't find this kind

of old world charm and character anywhere else in North America.

Hike to the top of Mount Royal:

A brisk walk up a series of staircases to the summit will reveal the most amazing view of the city. In winter there is even a special path to crosscountry ski to the top. Every Sunday you can check out the Tam Tam Jam music festival in the park at the base of Mount Roval. O DARREN PARKMAN



Montreal as a holy destination

Having a newly minted saint in town isn't just good news for Montreal's faithful — it will also likely bring a few hallelujahs from the city's travel industry.

The canonization of Brother Andre by Pope Benedict on Oct. 17 will not only spur some special events in Montreal but will also have long-lasting effects on the marketing of the city as a religious tourism destination, observers sav.

'Once somebody is canonized, that really shoots it through the roof," says Kevin J. Wright, president of the World Religious Travel Association, which is holding its annual trade show in Montreal in November. Wright said beall the media attention Montreal will get because of the canoniza-



tion, the papal nod to one of its local sons will be an incentive for faith-based tour operators to push Montreal itineraries in their packages.

Two weeks of special events have been planned by the Roman Catholic archdiocese in Montreal to mark the canonization, which will take place at the Vatican in Rome

An all-night prayer vigil will be held in the Crypt Church of Montreal's St. Joseph's Oratory during the night of Oct. 16-17, with the canonization being shown live from Rome on a big-screen TV in the Oratory's Crypt Church beginning at 4 a.m.

There will be a new exhibit on Brother Andre at the Oratory Museum as well as concerts, masses and a carillon recital on Oct. 17 at the Oratory and Notre-Dame Basilica.

Montreal and the province of Quebec have long been known as a good bet for religious travellers and those visitors who were less pious.

Some of North America's most spectacular religious architecture sprang from Quebec's deep Roman Catholic roots. Even as the influence of the Catholic Church has waned in the province, has Montreal is still dominated by another attraction, the glowing cross atop Mont-Roval.

Religious tourism globally is estimated to be an \$18-billion-a-year industry by Wright, whose organization deals with all aspects of the faith-based tourism business. THE CANADIAN PRESS



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Take a trip to a cemetery

• Rochester, N.Y., is home to America's oldest municipal park-garden graveyard • Visit for the history, stay for the serene beauty

Atop an oak-shaded hill at Mount Hope Cemetery, an epitaph chiselled in Latin Col. Nathaniel Rochester's headstone whispers on the wind: "If

look around you."

Mount Hope, America's oldest municipal park-garden graveyard, is a refuge not only for the departed.

you seek his monument, Curious souls still tramp through the 78-hectare arboretum by the tens of thousands each year, among them picnickers, thousands each bird watchers, joggers and

history buffs.

In the Romantic era of Wordsworth and Beethoven, the Victorian vogue of mourning embraced a love of nature

▶ Mount Hope is home to the final resting place of sev famous people including suffragist Susan B. Anthony.

and artistry. So-called "rural cemeteries" a few kilo-metres out of town were a sublime departure from the austere colonial churchyards with morbid funerary where the dead

typically ended up. Some 200 were established in the three decades before the Civil War, beginning with Mount Auburn near Boston in 1831. They're invariably hemmed in now by urban sprawl, forerunners of large-scale city parks and the grid-pattern cemeteries that predominate to this day.

Carved out of wilderness on New York's west-ern frontier in 1838, Mount Hope's heavily wooded Old Grounds are a jumble of glacier-carved ridges, ravines and meadows.

Cobbled carriage paths twist and tumble past Greek-style mausoleums, a Florentine fountain and a Gothic Revival chapel, stone terraces fringed with wildflowers, and ornate bronze, marble and granite sculptures of pet dogs, winged angels and Celtic crosses.

And don't forget the

permanent residents 350,000 at last count, and growing by 300 or so each

Among the best-known: Civil rights crusader Frederick Douglass, suffragist Susan B. Anthony, anthropology pioneer Lewis Henry Morgan, and William Warfield, fondly eulogized in 2002 for his gravelly rendition of Ol' Man River in the musical Show Boat.

Regular visitors and newcomers alike are drawn in by Mount Hope's topography, architecture, personalized ornamentation and fabled denizens. Perhaps above all, they treasure the almost mystical hush.

"I look at the beauty, the architecture and the stones and I remember all those buried here that made the city — made history what it is — as people," said Joyce Wiedrich, 58, a nurse who gets a daily glimpse of Mount Hope from a nearby hospital and loves rambling the grounds on fall weekends. I don't get morose or just think of death when I come here. I think of the life that surrounds this

Consecrated a year into Queen Victoria's reign, Mount Hope began as a 22hectare cemetery 2.5 kilometres from downtown, where overburdened burial grounds were proving a health hazard and an obstacle to expansion. Today, bustling neighbourhoods and the University of Rochester campus press all along its perimeter in this city of 208,000 on Lake Ontario's southern shore.

Under towering oaks 200 to 300 years old, the heart of Mount Hope "is maybe the only place in Rochester that still looks like the 19th century," said Dennis Carr, a college library researcher. "It brings history alive — a paradox in a cemetery — but you feel connected to great events and people who did great things."

The Rochesterville settlement Col. Rochester established along Genesee River gorge in 1811 was already a boom town when he died in 1831. Twenty years later, a Main Street burial ground had to make way for the city's first hospital and his body was moved to its serene perch on Rochester

THE ASSOCIATED PRESS



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Succulent holiday pork

Not too many supermarkets carry the choicest cuts of pork For Thanksgiving, it's worth it

Crown pork roast is the juiciest, most succulent cut of pork. The roast comes from the rib portion of the loin, which is considered the tenderest of sections.

Shoppers who want to cook it for a special feast should order it from a local butcher shop, supermarket or farmers market well in advance as the crowns have to be specially prepared.

Sometimes the purveyors will include paper frills with the roast that you can use to dress the tips of the bones after cooking and before serving to give it a truly elegant presentation and wow your family and guests this Thanksgiving. Recipe is below.

Crown Roast of Pork Preparation:

In a small saucepan, heat apricots and Grand Marnier to boiling. Remove from heat; set aside. In a large skillet over medium heat, melt butter. Add celery and onion; saute for 5 to 10 minutes. Transfer to a large mixing bowl. Add stuffing mix, apricots with Grand Marnier and almonds. Stir to combine. Heat broth to boiling. Pour over stuffina mixture. Add thyme, salt and pepper. Stir to combine.

Pill cavity of pork roast with large foil ball. Place roast in a roasting pan, bones pointing up. Cover bone tips with small pieces of foil to prevent burning. Roast uncovered in a 160 C (325 F) oven for 2 1/2

Ingredients:

- 1 crown roast of pork (about 4.5 kg/10 lb)
- 250 ml (1 cup) diced dried apricots
- 250 ml (1 cup) Grand
- Marnier liqueur
- 125 ml (1/2 cup) butter
 250 ml (1 cup) chopped celery
- 1 medium onion, chopped
- 1 pkg (227 g/8 oz) herb seasoned stuffing mix
- 125 ml (1/2 cup) slivered almonds
- 250 ml (1 cup) chicken
- 2 ml (1/2 tsp) dried thyme
- Salt and pepper, to taste

hours, basting occasionally with pan juices. Remove roast from oven. Drain off any excess fat.

Remove foil ball and fill cavity with stuffing. Cover stuffing with a small piece of foil to prevent drying. (Alternatively, place stuffing in a bak-



▶ Crown pork roast with Grand Marnier and apricot stuffing.

ing dish and cook in oven with roast.) Roast for another 1 1/2 hours or until meat thermometer reaches 68 to 70 C (155 to 160 F). Place roast on a carving board and allow to rest for 10 minutes. Slice between ribs to serve. Makes 12 to 14 servings. THE ASSOCIATED PRESS

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As Canadians become more environmentally conscious and demand green products and services, many companies are looking for ways to reduce their environmental footprint. But to be successful, sustainability and profitability must be interlinked.

"For sustainability to be effective and lasting in the corporate environment, it must create economic benefits in concert with environmental benefits," says Tyler Elm, vice president of sustainability for Canadian Tire. "Our goal at Canadian Tire is to implement sustainable practices that advance the business while benefiting our customers and the environment."

and the environment."

According to a recent Economist Intelligence Unit survey, just 24 per cent of executives believe there is a strong link between financial performance and commitment to sustainability in the short-term (one to two years), with 69 per cent seeing opportunity over the long-term (five to 10 years). That said, savvy companies can make short-terms gains on

"For sustainability to be effective and lasting in the corporate environment, it must create economic benefits in concert with environmental benefits." TYLER ELIM

their long-term sustainability strategies.

According to Elm this

According to EIM this may be a result of executives having only a partial understanding the opportunity of sustainability. He notes that, "for business, sustainability issues may be used to drive innovation, creating significant benefits for the bottom line and the environment. Best practice is to go after basic eco-efficiency first — stuff that reduces costs and greenhouse gas emissions almost immediately — before going after opportunities to grow sales or market share from things such as more sustainable products."

For example, Canadian Tire has reduced its carbon footprint and energy costs by equipping approximately 200 stores nationwide with Central Energy Management (CEM) technology. The CEM system controls the store's energy consumption and reports inefficiencies. The energy saved in the converted stores will reduce greenhouse gas emissions by 7629 metric tonnes — the equivalent of removing 1149 cars from the road per year — and will save the company approximately \$3.4 million on energy costs every year.

Another one of Canadian Tire's strategies to maximize profitability while maintaining an environmentally sound business model is to source and sell innovative products, like its new line of Blue Planet car mats. Used tires are collected, processed, transformed into car floor mats, extending the life cycle of one of Canadian landfills' most notorious inhabitants. "One pair of car mats removes one tire from landfills, so it's truly a win-win for the environment and the economy,' notes Elm NEWS CANADA



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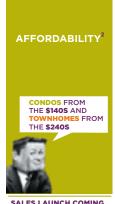
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Life coaches help teens lead lives they love

• Coaches can offer guidance in areas ranging from academic struggles and self-esteem to career planning

James Witter's graduation from high school was shaping up to be a time of stress rather than a day of celebration.

18-year-old from The Hamilton was plagued by doubt and confusion as he struggled to sort out how to handle life after secondary school.

ruminations produced more questions than answers Would his musical talents be enough to build a career upon? Did he want to go to university? What else did he even like to do?

With encouragement from his parents, Witter decided to place his dilemma in the hands of someone unconventional — one of his former elementary school teachers who had recently become a life coach for youth.
Witter's meetings with

Rob Stringer, founder of Youth Coach Canada, soon began to yield results.

We sat down and talked about what I wanted in a job," Witter said in a telephone interview.

'Did I want to have a lot of money or was that not really important? Did I want to have a job I really liked as opposed to one that would just pay the bills? I

want to have enough money to support a family and know that I'll be able to do that. ... What it came to in the end was if I was happy with it and I can support a family at the same time, that's the kind of career I want."

For Stringer, who still teaches full-time while devoting nearly equal hours to his coaching venture, the sessions with Witter exemplified the mission of his two-year-old company – helping people lead lives they love.

The former single father has spent the past five years providing coaching and support services to parents, but only recently decided to make youth his primary fo-cus. Regardless of what age group he's working with, Stringer says he is guided by one consistent goal.

"If you get down to the real core of it, they're really

all the same - coaching is all about change," Stringer said. "Young adults may come to me saying they want to change something, but in many cases it's the parents coming to me looking to make a change. Peoare looking solutions to problems they've been struggling

With the help of three other coaches, Stringer offers his young clients guidance in areas ranging from academic struggles and selfesteem issues to career planning. He recently branched out to include entrepreneurial and leadership skills among his services.

Not all his clients come to him willingly. Stringer says parents sometimes try to enlist his guidance for a child who resists the idea. If conversations with the child don't reveal a desire to work openly, Stringer says the relationship ends there. Confidentiality represents another formidable challenge, he says, adding he must strike a balance between honouring the trust of his client while keeping parents in the loop.

The child or teen comes first, Stringer says, adding parents will only become privy to details of their sessions if the client gives the go-ahead.

Experts agree that confidentiality boundaries are key to a successful coaching relationship. Linda Cameron, associate professor of education at the University of Toronto, says a A step in the right

direction

Coaching proved to be a turning point for James Witter. His conversations with Stringer prompted him to shift his focus away from music and onto his love of working with children.

He accepted his diploma as scheduled on graduation day, but was back in class in September in order to take advantage of the school's co-op program. He now spends his

coach who strikes the right balance has the best chance of having a positive impact.

"One that really works confidentially with the

mornings helping out with teaching duties in a Grade 4 classroom and his afternoons taking courses to better prepare him for university.

Witter believes this extra year will stand him in good stead as he pursues a degree.

He spares no praise for his coaching sessions, which he credits for his newfound career direction.

"It was a really good experience and it helped me get on track," he said. "If you don't really know what you want to do and you're stuck, definitely it's a great program to go for." THE CANADIAN PRESS

young adult is really important," she said, "In order to make progress, you have to affect all the people that touch (the child). The par-

"Youth coaching is not about raising superstars. It's about giving kids the skill sets they need to be as successful as they can in life." ROB STRINGER

ents may need an objective person to help them understand who their child is or wants to be.'

Cameron says those who enlist the help of a coach run the risk of "over-parent-ing" their child, but adds the coach can provide a valuable resource if the relationship is handled right.

"In a sense, getting a coach is reinforcing the routes parents have taken with their kids. But in another way (the coach) is probably the first objective person who has sat and listened to them and tried to help them find them-selves." The CANADIAN PRESS





Smooth sailing for traveling families

○ Vacations take planning and patience **○** Learn about your destination

Travel was once considered a privilege for the wealthy. Yet over the years, it has become easier and less costly to visit places near and far, and more Canadians are taking the plunge and traveling with their children.

ing with their children.
While it can be exhilarating to experience new cultures, customs and cuisines, it can also be overwhelming for parents to be in a new place with young children.

Author and parenting expert Kathy Buckworth is no stranger to traveling with kids, and notes that it's important to prepare your family for what to expect before you board the flight or hit the road.

"No matter what kind of trip you are taking, whether it's an international flight or just a drive

Trip tips

Tips for your next trip:

Before you head out: Do some research to learn about geography, key landmarks or cultural differences. Leapfrog developed a new World Map that works with the Tag reading system, which is a beautiful, full-colour rendering of geographical and political features, landmarks, and cultures, in an engaging form that will inspire kids to explore the

across the province to visit the grandparents, family vacations take a lot of planning and patience.

"One of the key things I recommend is to take the time to learn about the place you are going to be-

world around them in an exciting, interactive way.

- Make a choice: Allow each family member to choose a favourite activity or hotspot they want to visit upon arrival.
- On the way: Bring a map or guidebook with you to show older children the route you're taking, and encourage younger children to enjoy the scenery as things change and pass by.

fore you get there. Leapfrog's Tag Reading System is the ideal solution for such an exercise, with math and logic puzzles, and a new interactive World Map that introduces geography and so

- Once you arrive: Encourage your children to play games like "I Spy" that will keep them focused visually. Ask them to "spy" things that are different from where you live as well as things that are the same.
- Back home: Create a scrapbook to document your family's favourite moments and memories. Include photos and comments to help capture the experience for years to come.

cial sciences.

"The Tag Reading System is bound to invite interesting conversations and ensure everyone gets the most out of their time away from home."



Share the magic of reading with your child

Parents know it is important to instill a love of learning in their children from a very young age

from a very young age.

The more their kids enjoy reading, the more they will stick with it to develop the necessary critical-thinking skills they need for a full and successful adult life. As such, story time often be-

comes an essential part of many bedtime routines, and some parents even read to their children before they are born. Whichever way you decide to share the magic of reading, the bottom line is you can never read enough.

Author and parenting expert Kathy Buckworth

offers tips to make sure your love of reading gets passed on to your children

Establish a routine

Choose a certain time of day and a place where reading will take place. This way, your children will think of reading as a familiar and comforting part of their day.

Make it a family occa-

Reading can be a wonderful activity to share as a family. Encourage your kids to choose a night of the week that they will share their favourite stories with other members of the family. This helps to keep reading exciting and interactive. Above all, make reading fun

There are many tools available to help parents introduce a love of reading at any age. Leapfrog is a great educational brand that helps kids navigate their own personal reading journeys with the Tag reading system, enhancing the experience of

learning to read so that kids love to read, each step of the way. With hard cover books, ebooks, puzzles, games and geographical resources like the new World Map, Tag is an allin-one learning tool that children will love to play with.

NEWS CANADA

Th the lar

Maximize your accounting career potential

The Institute of Chartered Accountants of Alberta is offering courses to help you learn the language skills you need to be successful in your accounting career.

If you are an accounting student or accounting professional whose first language is not English, these courses have been specifically designed for you. Learn the basics of Canadian business language (spoken and written) and culture to help navigate through today's complex business world. Courses are offered in both Edmonton and Calgary on Tuesday evenings.

Classes begin October 19

To find out more, or to register, go to www.albertaCAs.ca.





Every penny counts

• Funding post-secondary education an achievable goal

Parents can find it difficult to save for their child's post-secondary education. The simple costs of everyday life — from grocery bills to rent — are always at the top of the list. Yet saving for a child's education remains a worthwhile investment.

After all, a post-secondary education opens doors to better job opportunities.

To help modest income families lower the cost of saving for a post-secondary education the federal government offers the Canada Learning Bond.

Parents that qualify for the National Child Benefit can receive the \$500 Canada Learning Bond. Deposited in an RESP — Registered Education Savings Plan, interest on the bond grows for each child born after Dec. 31, 2003 tax-free until withdrawn for your child's post-secondary education.

With the Canada Learning Bond, your child can get an extra \$100 per year as long as you continue to receive the National Child

Benefit Supplement. By the time a child turns 15, the money could total as much as \$2,000 in an RESP. The government will even give parents an extra \$25 to cover the cost of opening an RESP.

There are a few steps to take to apply. The best way to get started is to contact the government toll free for more information, by calling 1 800 O-Canada, visiting your nearest Service Canada Centre or going online at Canlearn.ca.

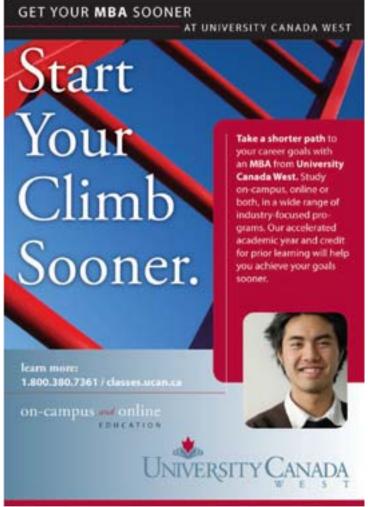
NEWS CANADA

UWO staff back strike mandate

LABOUR In a vote last week, 57 per cent of eligible faculty members at the University of Western Ontario voted 87 per cent in favour of authorizing their union to call a strike. Further meetings with the conciliator will take place Oct. 12 and 13. Faculty association members will not be in a legal strike position until a noboard report has been requested and 17 days have passed after its authorization by Ontario's labour minister. © METRO







sports

Quoted



"They're all back - that core group that led us in the stretch run and the playoffs. They are all leaders, not just the captain. We're all coming back and we know what to expect and can build off last vear. So we're excited about this year."

BRIAN GIONTA CANADIENS CAPTAIN

Tate embraces role of finisher from New

• When Stampeders need a score from short yardage, they've found success putting their backup quarterback in to punch into the end zone



Drew Tate is averaging a touchdown every five carries. Not bad for a backup quarterback.

The Calgary Stampeders have been inserting Tate to finish some scoring drives from short yardage and Tate has been effective.

The move reduces wear and tear on starter Henry Burris, and makes Tate feel more involved in the game.
"It's an opportunity for

me to get in, make a play and help the team out," Tate said yesterday following practice at McMahon Stadium. "This is the first year I've ever done it and it's worked out so far.

"Just to take an extra hit Texas, said.

off Hank is basically what it comes down to."

The lot of a backup quarterback in the CFL, especially on a team where the No. 1 is as entrenched and as durable as Burris, is he gets into games where the score is so lopsided, his team isn't likely to lose even if he makes a mistake. Or, his team is so far behind there's virtually no

chance of winning.
Tate feels he's had a real effect on the outcome of games by punching the ball in for four touch-downs on third-and-goal situations

"It's still six points," the 27-year-old from Baytown,

"Every little bit helps. Tate can throw the ball

too. He's completed 21 of 28 passes for five touchdowns this season. But when Burris needed a breather, Tate has converted majors from the opposition's doorstep.
The six-foot, 192-pound

Iowa product has been given that chore more than Stampeder backups in recent years. Quarterbacks coach Dave Dickenson, who calls the offence on game days, says Tate has carved a niche for himself in his second season with the club.

"What I like about Drew is he's competitive and he likes that extra responsibility," Dickenson said. 'He took ownership.

"If you're going to be a quarterback sneak runner or do short yardage, you've got to be tough. He's not an overly big guy, but you've got to fight for every inch and you've got to have great ball security. No turnovers."

Burris, 35, doesn't mind giving up the ball to Tate if

is backup is successful.

"He's a young guy so his body is much fresher than mine," Burris said with a smile. "He's on top of what he needs to do. He stayed focused each and every week. He knows the game plan inside and out.

THE CANADIAN PRESS

Can Twins





Time: Tonight, 6:30 Channel: SNET

There has been nothing romantic about the underdog Minnesota Twins meeting the big, bad New York Yankees in the post-season.

There have been heart-warming tales of the little guys overcoming long

No Hollywood endings for the unlikely hero against the Evil Empire.

The Yankees are 9-2 against the Twins in the past decade in the first round of the AL playoffs, following 3-1 triumphs in 2003 and 2004, with a sweep last season. The domination likely has made the Yankees more hated in the Twin Cities than in any metro area outside of Boston.

"The Yankees are a great team with a lot of great players," Twins manager Ron Gardenhire said yester-

day.
"They have been doing it for a long time. And we had our share of playoff runs, too. And we've butted heads with them and they are not the easiest team to play. They create a lot of problems for everybody that faces them."

The latest chapter in what has been a lopsided rivalry begins tonight, when Francisco Liriano starts for the Twins in the opener against New York's CC Sabathia in the first outdoor post-season game in Minnesota since 1970. The Twins went an AL-best 53-28 at home in their first season at Target Field.

The defeats have come in every way imaginable for the Twins, from Mark Teixeira's 11th-inning home run in Game 2 last year to an 8-1 wipeout of ace Johan Santana in Game 4 Metrodome in 2003. 4 at the

That 2003 loss started the Twins' string of post-season disappointments. After a stunning run to the AL championship series in 2002, the Twins have not made it out of the first round in four subsequent THE ASSOCIATED PRESS trips.

Burris takes offensive honour



Number of touchdown passes for Henry Burris this season, the best of any CFL quarterback. Montreal's Anthony Calvillo is second with

Quarterback Henry Burris, who guided the Calgary Stampeders to a 46-21 win over the Montreal Alouettes in a battle between the CFL's top two clubs, is the league's offensive player of the week

Burris was a unanimous selection after completing 19-of-28 passes for a seasonhigh 412 yards passing and four touchdowns in the contest. He also added 56 yards rushing on six carries.

Edmonton linebacker Rod Davis captured defensive player honours after recording seven tackles and an interception in a 37-35 win over Hamilton. Davis returned his interception 22 yards for a touchdown.

Čalgary linebacker

Charleston Hughes was a fi-

Chad Owens of the Toronto Argonauts was named the top special-teams player for the fourth time this season. Owens was a unanimous pick after accumulating 300 total return yards in a 27-16 loss to Saskatchewan.

THE CANADIAN PRESS

MLB

EAST DIVISION

AMERICAN LEAGUE

EAST DIVISION									
	W	L	Pct	GB	WCGB	L10	Str	Home	Away
x-Tampa Bay	96	66	.593	_	_	5-5	W-2	49-32	47-34
y-New York	95	67	.586	1	_	3-7	L-2	52-29	43-38
Boston	89	73	.549	7	6	5-5	W-2	46-35	43-38
Toronto	85	77	.525	11	10	8-2	W-1	46-35	39-42
Baltimore	66	96	.407	30	29	5-5	L-1	37-44	29-52
CENTRAL DIVIS	SION								
	w	L	Pct	GB	WCGB	L10	Str	Home	Away
x-Minnesota	94	68	.580	-	-	2-8	L-1	53-28	41-40
Chicago	88	74	.543	6	7	8-2	W-2	45-36	43-38
Detroit	81	81	.500	13	14	4-6	W-1	52-29	29-52
Cleveland	69	93	.426	25	26	7-3	L-2	38-43	31-50
Kansas City	67	95	.414	27	28	4-6	L-2	38-43	29-52
WEST DIVISION	V								
	W	L	Pct	GB	WCGB	L10	Str	Home	Away
x-Texas	90	72	.556	_	_	6-4	L-1	51-30	39-42
Oakland	81	81	.500	9	14	4-6	W-4	47-34	34-47
Los Angeles	80	82	.494	10	15	5-5	W-1	43-38	37-44
Seattle	61	101	.377	29	34	3-7	L-5	35-46	26-55
NATIONAL LE	AGU	E							
EAST DIVISION	1								
	W	L	Pct	GB	WCGB	L10	Str	Home	Away
x-Philadelphia	97	65	.599	-	-	6-4	L-1	52-29	45-36
y-Atlanta	91	71	.562	6	_	5-5	W-1	56-25	35-46
Florida	80	82	.494	17	11	4-6	W-2	41-40	39-42
New York	79	83	.488	18	12	5-5	L-1	47-34	32-49
Washington	69	93	.426	28	22	5-5	W-1	41-40	28-53
CENTRAL DIVIS	SION								
	W	L	Pct	GB	WCGB	L10	Str	Home	Away
x-Cincinnati	91	71	.562		-	5-5	W-2	49-32	42-39
St. Louis	86	76	.531	5	5	8-2	W-5	52-29	34-47
Milwaukee	77	85	.475	14	14	6-4	L-2	40-41	37-44
Houston	76	86	.469	15	15	3-7	W-1	42-39	34-47
Chicago	75	87	.463	16	16	6-4	L-1	35-46	40-41
Pittsburgh	57	105	.352	34	34	4-6	L-2	40-41	17-64
WEST DIVISION	V								
	W	L	Pct	GB	WCGB	L10	Str	Home	Away
x-San Francisco	92	70	.568	_	-	7-3	W-1	49-32	43-38
San Diego	90	72	.556	2	1	5-5	L-1	45-36	45-36
Colorado	83	79	.512	9	8	1-9	L-8	52-29	31-50
Los Angeles	80	82	494	12	11	7-3	W-2	45-36	35-46

x-clinched division; y-clinched wild card **2010 POST SEASON**

80 65

DIVISION SERIES

(Best-of-5)

Colorado Los Angeles

(Note: Wild card teams play teams with best records unless in same division and wild card may not have home-field advantage) (All times Eastern)

AMERICAN LEAGUE

TAMPA BAY (E) VS. TEXAS (W)

Today's game Texas (Lee 12-9) at Tampa Bay (Price 19-6),

1:37 p.m. Tomorrow's game

Texas (Wilson 15-8) at Tampa Bay (Garza 15-10), 2:37 p.m.

Saturday's game

Tampa Bay (Davis 12-10) at Texas (Lewis 12-

13), 5:07 p.m.

Sunday's game
x-Tampa Bay (Shields 13-15) at Texas (Hunter

13-4), TBA

Tuesday, Oct. 12

x-Texas at Tampa Bay, TBA
MINNESOTA (C) VS. N.Y. YANKEES (WC)

Today's ga,e

N.Y. Yankees (Sabathia 21-7) at Minnesota

(Lirian 14-10), 8:37 p.m.

Tomorrow's game

N.Y. Yankees (Hughes 18-8 or Pettitte 11-3) at

Minnesota (Pavano 17-11), 6:07 p.m.

Saturday's game

Minnesota (Duensing 10-3) at N.Y. Yankees

(Pettitte 11-3 or Hughes 18-8), 8:37 p.m

Sunday's game

Sunday's game
x-Minnesota (Blackburn 10-12) at N.Y. Yankees (Burnett 10-15), TBA
Tuesday, Oct. 12

x-N.Y. Yankees at Minnesota, TBA

NHL

PRE-SEASON

Yesterday's results Columbus 4 Malmo/Rogle BK (Sweden) 1 Boston 7 HC Liberec (Czech Republic) 1 Today's game Phoenix at Dinamo Riga (Latvia), Noon End NHL Pre-season Schedule Today's gar

REGULAR SEASON

Tomorrow's games (All times Eastern)

Carolina at Minnesota (at Helsinki, Finland),

12 p.m. Montreal at Toronto, 7 p.m Philadelphia at Pittsburgh, 7 p.m. Chicago at Colorado, 10 p.m. Calgary at Edmonton, 10 p.m.

NBA

PRE-SEASON

Last night's results Cleveland 87 Charlotte 72 New Jersey 103 Philadelp Miami 105 De roit 89 Milwaukee 92 Chicago 83 Washington 97 Dallas 94 Orlando 97 Houston 88 L.A. Clippers at Portland Phoenix at Sacramento

GAMES

COMMONWEALTH GAMES

At New Delhi

WHAT CANADA DID

CYCLING

NATIONAL LEAGUE

Today's game

Sunday's game

(Cueto 12-7), TBA

Monday, Oct. 11

Friday's game

13-11) 9-37 n m

son 17-9), TBA

Monday, Oct. 11 x-San Francisco at Atlanta, TBA Wednesday, Oct. 13 x-Atlanta at San Francisco, TBA

CALENDAR

League champion.

World Series ends.

x - played only if necessary

Wednesday, Oct. 13

laday 21-10), 5:07 p.m.

PHILADELPHIA (E) VS. CINCINNATI (C)

Cincinnati (Volquez 4-3) at Philadelphia (Hal-

Friday's game
Cincinnati (Arroyo 17-10) at Philadelphia (Oswalt 13-13), 6:07 p.m.

Philadelphia (Hamels 12-11) at Cincinnati

SAN FRANCISCO (W) VS. ATLANTA (WC)

Tomorrow's game Atlanta (Lowe 16-12) at San Francisco (Lince-cum 16-10), 9:37 p.m.

Atlanta (Hanson 10-11) at San Francisco (Cain

Sunday's game San Francisco (Sanchez 13-9) at Atlanta (Hud-

Oct. 27 — World Series begins, city of National

November — Free agent period to sign exclusively with former teams, first five days after

Nov. 16-17 — General managers' meetings,

Nov. 17-18 — Owners' meetings, Orlando, Fla.

x-Philadelphia at Cincinnati, TBA

y-Cincinnati at Philadelphia TRΔ

Women 500-metre time trial — Monique Sullivan, Calgary, fourth, 36.238 seconds. Men

1.000-metre time trial — Travis Smith, Calgary, fifth, 1:03.656

FIFI D HOCKEY

Nen Canada lost 4-1 to South Africa.

GYMNASTICS

Women's artistic team Canada (Catherine Dion, Gatineau, Que.; Kristin Klarenbach, Edmonton; Cvnthia Lemieu-Guillemette, St-Hubert, Que.; Gabby May, Winnipeg; Emma Willis, Sarnia), won bronze, 154.750.

SQUASH

Minn Third round: Shawn Delierre, Montreal, lost Third, 11-2, 11-2 to second-seeded James Willstrop of England.
Women Third Round: Stephanie Edmison, Toronto, lost 11-3, 11-3, 11-3 to hird-seeded Alison Waters of England.

SWIMMING

Men 50 backstroke — Charles Francis, Montreal, seventh, 25.87.

200 freestyle — Stefan Hirniak, Victoria, sixth, 1:48.65.

50 breaststroke — Annamay Pierce, Edmonton, sixth, 32.15.

ton, Sixui, 32.15. 50 butterfly — Katerine Savard, Quebec City, seventh 27.21; MacKenzie Downing, White-

Paralympic 50 freestyle — Katarini Roxon, Kippens, NL, sixth, 34.37.

WEIGHTLIFTING

Women 53-kilogram class — Marilou Dozois-Prevost, Montreal, won gold with 182-kilogram total.

WRESTLING

Men 96-kilogram class — Eric Fuenekes, Fredericton, won bronze.

SOCCER

EASTERN CONFERENCE

	GP	w	L	- 1	GF	GA	Р
New York	27	14	8	5	35	27	4
Columbus	27	13	7	7	35	29	4
Kansas City	26	9	11	6	29	31	3
Toronto FC	27	8	12	7	28	34	3
Chicago	26	7	11	8	31	35	2
Philadelphia	27	7	13	7	32	44	2
New England	27	7	15	5	29	47	2
D.C. United	27	6	18	3	19	42	2
MICCEPAL			DE:		-		

WESTERN CONFERENCE

.6 .4 .2 .2	6 4 2 9	5 9 13 6	40 41 39 34	22 18 22 31	53 51 49 42
2	2	13	39	22	49
2					
	9	6	2/1	21	12
1	8	8	37	27	41
1	8	7	28	28	40
7	14	6	36	46	27
7	15	4	26	36	25
		7 15	7 15 4	7 15 4 26	

x — Clinched playoff berth.

Tomorrow's game
(All times Eastern)
Los Angeles at Philadelphia,

Friday's game
Columbus at Chicago, 9 p.m.
Saturday's games lelphia, 8 p.m.

Columbus at Chicago, 9 p.m.

Saturday's games

Real Salt Lake at New York, 4:30 p.m.

Colorado at FC Dallas, 6 p.m. San Jose at D.C. United, 7:30 p.m. Seattle at Kansas City, 8:30 p.m. Toronto FC at Chivas USA, 10:30 p.m.

Sunday's game New England at Houston, 8:30 p.m.

CFL

WEEK 15

EAST DIVIS	ION					
	GP	W	L	т	PF PA	P
x-Montreal	13	9	4	0	409 336	1
Hamilton	13	6	7	0	330 355	1
Toronto	13	6	7	0	259 344	1
Winnipeg	13	3	10	0	345 349	
WEST DIVIS	MODE					

WEST DIVISIO	N					
	GP	W	L	т	PF PA	Pt
x-Calgary	13	10	3	0	452 295	20
x-Saskatchewan	13	9	4	0	380 345	18
B.C.	13	5	8	0	324 319	10
Edmonton	13	4	9	0	261 413	8

Edmonton 13 4 x — clinched playoff berth. x — Clinched playoff berth.
Friday's game
(All times Eastern)
Edmonton at Hamilton, 7:30 p.m.
Saturday's game
Toronto at Saskatchewan, 5 p.m.
Monday, Oct. 11
Calgary at Montreal, 1 p.m.
B.C. at Winnipea, 4:30 p.m.

SCORING LEADERS

	TD	C	FG	S	P
Duval, Mtl	0	37	30	12	13
McCallum, BC	0	26	35	6	13
Maver, Cal	0	50	27	3	13
Congi, Sask	0	37	25	1	1
DeAngelis, Ham	0	29	25	1	10
Prefontaine, Edm	0	23	20	7	
Cates, Sask	14	0	0	0	
Shaw, Tor	0	18	19	6	- 1
x-Green, MtI	10	4	0	0	
T.Edwards, Wpg	10	0	0	0	
Bryant, Cal	9	0	0	0	- 8
Robertson, BC	8	0	0	0	- 2
Serna, Wpg	0	20	8	4	-
Palardy, Ham-Wpg	0	14	10	4	-
Cobb, Ham	7	0	0	0	
Lewis, Cal	7	0	0	0	
Watkins, Mtl	7	0	0	0	-
x-Richardson, Mtl	6	2	0	0	
Boyd, Tor	6	0	0	0	- 1
Bruce, Ham	6	0	0	0	- 1
Durant, Sask	6	0	0	0	
Rambo, Cal	6	0	0	0	
x-Owens, Tor	5	2	0	0	
x-Simon, BC	5	2	0	0	
Cobourne, Mtl	5	0	0	0	
Drosslar Sask	5	Λ	Λ	0	- 12

NFL

AMERICAN CONFERENCE

EASI						
	W	L	T	Pct	PF	P
N.Y. Jets	3	1	0	.750	106	6
New England	3	1	0	.750	131	9
Miami	2	2	0	.500	66	9
Buffalo	0	4	0	.000	61	12
SOUTH						
	W	L	Т	Pct	PF	P
Houston	3	1	0	.750	108	10
Jacksonville	2	2	0	.500	71	11
Indianapolis	2	2	0	.500	117	9.
Tennessee	2	2	0	.500	98	6
NORTH						
	144		-			-

	W	L	т	Pct	PF	P
Baltimore	3	1	0	.750	61	5
Pittsburgh	3	1	0	.750	86	5
Cincinnati	2	2	0	.500	79	7
Cleveland	1	3	0	.250	68	7
WEST						
	W	L	Т	Pct	PF	P

Oakland	1	3	0	.250	76	107
NATIONAL	CO	NFI	ERE	NCE		
EAST						
	W	L	T	Pct	PF	PA
Washington	2	2	0	.500	73	79
N.Y. Giants	2	2	0	.500	72	88
Philadelphia	2	2	0	.500	95	79
Dallas	1	2	0	.333	54	53
SOUTH						
	W	L	Т	Pct	PF	PA
Atlanta	3	1	0	.750	93	60
New Orleans	3	1	0	.750	79	72

Atlanta		1	U	./ 20	73	00
New Orleans	3	1	0	.750	79	72
Tampa Bay	2	1	0	.667	50	59
Carolina	0	4	0	.000	46	87
NORTH						
	W	L	Т	Pct	PF	PA
Chicago	3	1	0	.750	69	68
	3	1	0	.750 .750	69 106	68 73
Green Bay		1 2				
Chicago Green Bay Minnesota Detroit	3	-	0	.750	106	73

WEST						
	W	L	Т	Pct	PF	PA
Arizona	2	2	0	.500	58	118
St. Louis	2	2	0	.500	77	52
Seattle	2	2	0	.500	75	77
San Francisco	0	4	0	.000	52	103

WEEK 4

Baltimore 17 Pittsburgh 14 Cleveland 23 Cincinnati 20 Denver 26 Tennessee 20 Green Bay 28 Detroit 26

Houston 31 Oakland 24 New Orleans 16 Carolina 14 N.Y. Giants 17 Chicago 3 N.Y. Jets 38 Buffalo 14 San Diego 41 Arizona 10 St. Louis 20 Seattle 3 Washington 17 Philadelphia 12

Byes: Miami, New England, Pittsburgh, Seattle

Byes: Miami, New England, Pittsb Sunday, Oct. 10 St. Louis at Detroit, 1 p.m. Denver at Baltimore, 1 p.m. N.Y. Giants at Houston, 1 p.m. Green Bay at Washington, 1 p.m. Atland at Cleveland, 1 p.m. Jacksonville at Buffalo, 1 p.m. Jacksonville at Buffalo, 1 p.m.

	W	L	т	Pct	PF	PA
N.Y. Jets	3	1	0	.750	106	61
New England	3	1	0	.750	131	96
Miami	2	2	0	.500	66	92
Buffalo	0	4	0	.000	61	125
SOUTH						
	W	L	Т	Pct	PF	PA
Houston	3	1	0	.750	108	102
Jacksonville	2	2	0	.500	71	111
Indianapolis	2	2	0	.500	117	92
Tennessee	2	2	0	.500	98	68
NORTH						
	W	1	т	Dct	DF	DΛ

Baltimore	3	1	0	.750	61	55	
Pittsburgh	3	1	0	.750	86	50	
Cincinnati	2	2	0	.500	79	78	
Cleveland	1	3	0	.250	68	77	
MICT							

WEST						
	W	L	Т	Pct	PF	PA
Kansas City	3	0	0	1.000	68	38
San Diego	2	2	0	.500	113	71
Denver	2	2	0	.500	87	85

EAST						
	W	L	Т	Pct	PF	PA
Washington	2	2	0	.500	73	79
N.Y. Giants	2	2	0	.500	72	88
Philadelphia	2	2	0	.500	95	79
Dallas	1	2	0	.333	54	53
SOUTH						
	W	L	Т	Pct	PF	PA
Atlanta	3	1	0	.750	93	60
New Orleans	3	1	0	.750	79	72
Tampa Bay	2	1	0	.667	50	59
Carolina	0	4	0	.000	46	87

	W		т	Dct	DE	DA
WEST						
Detroit	0	4	0	.000	82	106
Minnesota	1	2	0	.333	43	38
Green Bay	3	1	0	.750	106	73
Chicago	3	1	0	.750	69	68
	W	L	T	Pct	PF	P/
NORTH						
Carolina	0	4	0	.000	46	87

EST							practice squad.
	W	L	Т	Pct	PF	PA	
ona	2	2	0	.500	58	118	HOCKEY
Louis	2	2	0	.500	77	52	
ttlo	2	2	0	.500	75	77	NILI

Week Four

VVECR. 4
Byes: Dallas, Kansas City, Minnesota, Tampa Bay
Monday's result
New England 41 Miami 14
Sunday's result
Atlanta 16 San Francisco 14
Ratlimora 17 Pittebureh 14

Jacksonville 31 Indianapolis 28 New Orleans 16 Carolina 14

Tampa Bay at Cincinnati, 1 p.m Kansas City at Indianapolis, 1 p.m. New Orleans at Arizona, 4:05 p.m. Tennessee at Dallas, 4:15 p.m. San Diego at Oakland, 4:15 p.m. Philadelphia at San Francisco, 8:20 p.m.

Monday, Oct. 11 Minnesota at N.Y. Jets, 8:30 p.m.

TRANSACTIONS

BASEBALL

LEAGUE OFFICE—Suspended Los Angeles An-gels minor league RHP Jordany Gomez (Do-minican Summer League) for 50 games after testing positive for performance-enhancing

AMERICAN LEAGUE

TEXAS RANGERS—Named Rick George chief

operating officer. NATIONAL LEAGUE

MILWAUKEE BREWERS—Announced
Nashville (PCL) manager Don Money, coach
Sandy Guerrero, pitching coach Rich Gale, athletic trainer Dave Yeager, and strength & conditioning specialist Andrew Emmick will re-turn in 2011.

FOOTBALL

NFL

NFL
BUFFALO SABRES—Waived F Matt Ellis,
CAROLINA PANTHERS—Waived WR Dwayne
Jarrett, Claimed WR David Clowney of Waiver Srom the New York Jets.
CHICAGO BEARS—Terminated the contract of De Mark Andreson. Signed De Charles Grant.
INDIANAPOLIS COLTS—Placed S Melvin Bullittan dR Be Devin Moore on injured reserve. Activated 5 Milke Newton from the practice squad. Re-signed 5 Aaron Francisco. Released DT Mitch King, Released WR Airic Arnett from the practice squad. Signed WR Kenneth Moore.

Moore. JACKSONVILLE JAGUARS—Released QB Todd JACKSONVILLE JAGUARS—Released QB Tode Bouman. Signed DL C.J. Mosley. MIAMI DOLPHINS—Fired special teams coor-dinator John Bonamego. Named Darren Rizzi special teams coach. SEATTLE SEAHAWKS—Acquired RB Mar-

shawn Lynch from Buffalo for two undisclosed draft picks. Re-signed G-OT Chester Pitts. Released RB Julius Jones and G Evan Dietrich

TENNESSEE TITANS—Placed DE Derrick Morgan on injured reserve. Signed DT Amon Gordon. Signed TE-FB Joel Gamble to the practice sed FB Jack Corcoran from the

NHL
DETROIT RED WINGS—Assigned D Doug
Janik and G Joey MacDonald to Grand Rapids
(AHL).

(AHL).

NASHVILLE PREDATORS—Traded D Ryan Parent and F Jonas Andersson to Vancouver for D Shane O'Brien and F Jona Sandersson to Vancouver for D Shane O'Brien and F Dan Gendur. Assigned D Aaron Johnson to Milwaukee (AHL).

NEW YORK ISLANDERS—Placed F Andy Hilbert on waivers. Announced D Rob Davison Cleared waivers and was assigned to Albany (AHL).

PITTSBURGH PENGUINS—Waived F Ryan Craig and D Andrew Hutchinson. Assigned forward Dustin Jeffrey to Wilkes-Barre/Scranton (AHL).

(AHL).
TAMPA BAY LIGHTNING—Claimed C Mattias
Ritola off waivers from Detroit. Assigned F
Chris Durno, F Johan Harju and G Cedrick Des-jardins to Norfolk (AHL). Released F Eric Per-

AHL

ELMIRA JACKALS—Announced D John de
Gray was assigned to the team by Anaheim
(NHL). Signed D Joey Ryan and D Jody Pederson. Released D Fert Beauchamp.
MANITOBA MOOSE—Re-assigned D Taylor
Ellington to Victoria (ECHL). Released D Matt
Case and C Jason Pitton.
UTAH GRIZZLIES—Signed G Daniel Bellissimo.

VICTORIA SALMON KINGS—Signed G Jase Weslosky and F Jonathan Milhouse.

LACROSSE

CALGARY ROUGHNECKS—Traded D Paul Dawson to Philadelphia for a conditional 2011 sec-ond-round draft pick.

COMMUNITY²



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STREETSIDE



SQUARE





Kia's 2010 Paris **Motor Show** stand features striking design and new technologies. **Taking centre** stage and making its world premiere is the eve-catching, compact and unique electric POP concept, designed by Kia's European design team under the direction of Peter Schreyer, Kia's chief design officer, and Gregory Guillaume, Kia **Europe's chief** designer.





▶ Ford will offer both a four-door sedan and five-door hatchback when the 2011 Fiesta is introduced next summer.

Ford banking on Fiesta to kick-off the party



Instead of looking to bigger cars, Ford is going smaller to help spur new car sales growth in North America.

The 2011 subcompact Ford Fiesta is due here next summer after enjoying tremendous success in both Europe and China.

The North American version of the Fiesta is making its debut at the Los Angeles Auto Show Dec. 2-13. Based on a platform de-

"Small cars are our largest opportunity for growth."

signed by Mazda (and to be used on the Mazda2 being launched here next year as well), the Fiesta will come in two body styles — a four-door sedan and fivedoor hatchback. In Europe, only the hatchback is cur-

rently offered. It is the seventh generation of the popular Fiesta line that has been one of the best-selling small cars in Europe for more than three decades.

It is coming back to

North America after a short stint here in the late 70s. To say that the Fiesta is an important car for Ford is an understatement.

As Mark Fields, president Ford Americas, puts it, "Small cars are our largest opportunity for growth."

And considering that small cars make up more than a quarter of the entire automotive market, this is a huge segment that Ford has been neglecting

for far too many years, concentrating instead on pickups and SUVs.

Ford now realizes that customers no longer buy small cars based on necessity alone.

That may have been the case in the past, particularly south of the border, but in Canada, buyers had been gravitating to small cars in much greater numbers, well before the fuel and credit crises arose.

If sales of the Fiesta in North America mirror those across the pond, Ford has a winner on its

Low rolling resistance tires can improve your gas mileage

If you want to get the most mileage out of a tank of gas, consider investing in low rolling resistance

Rolling resistance, is a measure of the force that it takes to move your tires forward on the road. As you travel along, the weight of your vehicle "deforms" your tire tread where the rubber meets the road.

The resulting deformity generates heat between the tire and the road, which is then wasted in the form of heat as the tire rotates. If new tires are on the horizon, consider low rolling resistance tires; some tire manufacturers are now boasting a 20 per cent reduction in rolling resistance through high-efficiency tires that reduce fuel consumption. NEWS CANADA





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%[†]

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DODGE





Sporty, not a spotty past

▶ Last-gen Sentra is sporty and comfortable ▶ But be sure to check for any recall work that's be done

SECOND GEAR

DRIVE@METRONEWS.CA

The last-generation Sentra brought Nissan's generations-old nameplate into the compact car class formerly occupied by the Altima- which itself also sized-up back in 2001. Competing with machines like the Civic, Corolla and G5, the Nissan Sentra brought the brand's knack for sporty and stylish vehicles to the highly competitive marketplace.

The four-door model got a selection of four-cylinder engines, starting with a 1.8 liter unit with 126 horsepower. Optionally available was a 2.0 liter mill with 145. Manual or auto-

The specs

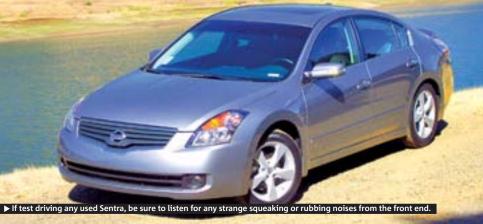
- MODEL 2001 to 2006 Nissan Sentra
- ► VEHICLE TYPE Compact Sedan
- PRICE RANGE \$2,500 to \$9,500

matic transmissions were both available.

Look for staple features like power locks, windows, and mirrors, cruise control, tilt steering, and remote entry. Tinted glass, a sunroof, alloy wheels and fog-lamps were also available, depending on the model selected.

What Owners Like

Most owners comment positively on the Sentra's relative bang-for-the-buck in the features and fun depart-



ments. Engineers seem to have struck a nice balance between ride comfort and handling, and many owners rave about the up-level stereo system, Finally, many owners note that the Sentra offers a surprising amount of leg-room, relative to its overall size

What Owners Hate

Common complaints include cheap interior trim materials, a noisy engine, and some squeaks and rattles as the car ages.

Common Issues

A failure to start, or random engine stalling, could be caused by a corrosion-promoting foam used in the engine computer mod-

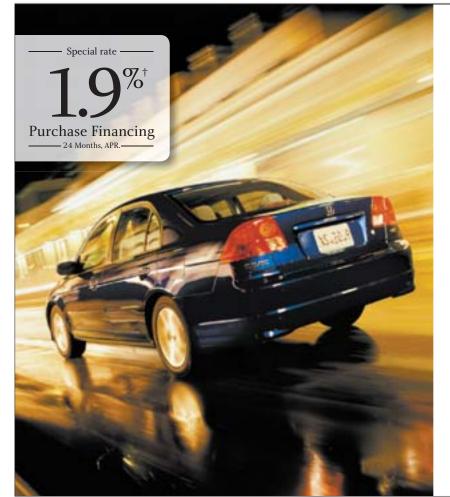
ule that slowly decomposes and releases small amounts of corrosive gas into the computer.

This can ruin computer connections and lead to a slew of drivability problems and 'check engine light' illumination. This problem could be frustrating, but it's an easy fix- as well as a recall item

The verdict

Your safest bet in a used Nissan Sentra will be a Nissan-serviced model that's familiar to the selling dealer and has had all the manufacturer's recall work completed.

If everything checks out, you'll likely enjoy one of the compact car market's sportier contenders.



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Crossword

Across 1 Destiny 5 Boar's mate 8 Flat-bottomed boat 12 Composer Novello 13 — Beta Kappa 14 Corduroy ridge 15 Sad

17 Largest of the seven 18 Title-holder 19 Dr. Seuss' elephant 21 Harmonization 24 Chartres chum

18

25 Send forth 28 Actor Estrada 30 Spinning meas. 33 Tavern

34 Nourishes 35 Raw rock 36 Kinsman, briefly 37 Hurler Hershiser 38 Entanglement

39 Promptly 41 Actress Moore 43 Rook

46 A Musketeer 50 Settled down 51 Negative aspect 54 Fashion

55 Festive 56 Singer Sheryl

57 Noble 58 Prior to 59 His and -

Down

1 Loyal pooch 2 Acknowledge 3 Village

4 Hemingway or Borg-5 Masseur's workplace

6 Sounds of surprise 7 Accompanying

8 Honey bunch? 9 Able to withstand anything 10 Hodgepodge 11 Withdraw from a

16 Weep 20 Erstwhile acorns

25 Recede

29 Between jobs

31 Expert

54

habit

22 — -do-well 23 Words to live by

26 Scratch 27 Raymond Burr role

32 Encountered

34 Chicks and ducks

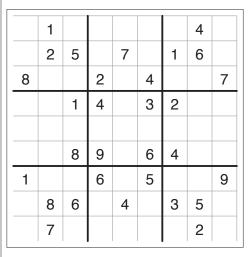
and geese 38 Lowbrow stuff 40 Playful water critte

42 Chap 43 A summer place 44 Lotion additive 45 Advantage

47 Employ 48 Stench 49 Wields a needle

52 Rowing need 53 It's between ex and

Sudoku



How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer

	1	5	3	7	8	9	2	4	6
2	2	8	7	4	6	1	5	9	3
9	Э	6	4	2	3	5	1	7	8
[]	3	1	5	9	2	7	8	6	4
4	1	7	6	3	1	8	9	2	5
8	3	2	9	5	4	6	7	3	1
1	7	9	1	6	5	3	4	8	2
6	3	4	8	1	9	2	3	5	7
	5	3	2	8	7	4	6	1	9

Send a



Show some love! Send a note to somebody special at kiss@metronews.ca

Zig, I (heart) you. I love sharing the horoscope with you. You're my sister from another mother. Soldiers of love forever my zemra. Big hug. MIT.A#2

Babe, I can't believe that it's been a year and a half already. Every day that I get to spend with you is a treat, even if we're just playing Borderlands or Fat Princess:). I love you so much, and I can't wait to see you again. Mahal kita!

GINGERBEAR

Happy birthday Stevie! Have an awesome day birthday boy! I can't wait to see you, you're amazing :).

MEG- PS II TY

Sadiki, vou are my rock, my prince, and i never knew what love is until i met u love you forever and always.

143 LIZ hey rockstar, you make plane rides and saying goodbye on fridays unforgettable. it's fun

to be us. wish I met you earli-

er in life. XOXO, LADYLUCK.

look at the weather

TODAY Min 5 Max 22°

THURSDAY Min 4° Max 21°

FRIDAY Min 5° 🔼 Max 21°

Andrew Schultz, Meteorologist

"I get to spread the word on how your day, evening or weekend will shape up with our ever-changing weather here in Alberta". WEEKDAYS 6AM



Today's horoscope

T Aries March 21-April 20 Your rivals may look cool and confident but they are more worried about you than you need be about them. Yes, they have the upper hand for the time being but your time will come, and quickly.

¥ Taurus April 21-May 21

Reach out to those you work and do business with and convince them that together you can make things happen. A positive attitude is a must todav.

II Gemini May 22-June 21 Practical problems require practical solutions and you need to grasp that fact quickly. Great things are possible for you now, but they must be based on tried and trusted methods

Gancer June 22-July 22 You may have to explain why you have made certain decisions but you don't have to be defensive about it. Loved ones and work colleagues will forgive you almost anything now, so own up to your sins in fact. be proud of them!

 Leo July 23-Aug.23 It may be easy to criticize certain individuals but that does not mean you have to do it. They are well aware of their faults and failings.

TV Virgo Aug. 24- Sept. 22 This is a good time for business activities, and also for partnerships, so get together with people whose talents you admire and find ways you can work together for your mutual benefit.

For today's crossword answers and for expanded horoscopes, go to metronews.ca

► Yesterday's answer

 ← Libra Sept. 23-0ct. 23 The imminent new moon in your sign means you must do something creative, something that makes the most of your many talents

M Scorpio Oct. 24-Nov. 22 Write down your most important aims today, because if you don't you may forget them and that would be such a waste. Making a note of them will convince your subconscious that you are serious.

Nov. 23-Dec. 21 Put on a confident front and make sure those around you believe you have what it takes. If you look confident you will feel confident, and if you feel confident you will succeed.

り Capricorn Dec. 22-Jan. 20

Others can bend the rules if that's what they think it takes to succeed but you know it's unnecessary. Cosmic activity in the career area of your chart promises you won't lose out by being honest.

Aquarius Jan. 21-Feb. 18 You need to move out of your comfort zone and try things that don't come naturally to you. Push yourself just a little bit harder and a little bit further each and every day.

H Pisces Feb. 19-March 20

Some people will disapprove of what you are aiming to do, but that won't stop you - in fact it will make you even more determined.

A SALLY BROMPTON



You WIN! write it! Write a funny cap

tion for the image to the right and send it to plav@metronews.ca the winning caption will be published in tomorrow's Metro.





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